



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Group Fitness Schedule

WELCOME TO THE RIVERWALK

January - 2019 Riverwalk

January Classes at Riverwalk.

Please check the "New" **January Schedules** for Group Fitness.

There are "New" classes, and all New Classes/Changes are highlighted in RED!

In a hurry, or Super busy? Try Wellbeats. Our front desk staff can help you get started. It is Free.

Happy "New" Year 2019

Riverwalk YMCA

998 Riverwalk Parkway
Suite 101
Rock Hill, SC 29730
(803) 328-9622

Manager:

Andy McGee

Facility Hours:

Mon-Fri 5am – 9:30pm
Saturday 7:30am – 6pm
Sunday 1 – 6 pm

Child Watch Hours:

Mon-Sat. morning: 8am – 12noon
Mon-Thurs evening: 4-8pm
Friday evening: No child watch
Sunday: No child watch

Health, Wellness, &

PT- Coordinator:

Debbie M. Rast

debbierast@upymca.org

For Classes and Cancellations
please go online to:

www.upymca.org/schedules/

or visit us online at:

www.facebook.com/upymca

Riverwalk Group Fitness Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Bosu Circuits 5:45-6:30am Beth Klipa L2-3</p> <p>Cycle/Cross 9:00-10:15am Cheryl Gard L1-3 Starts in Group Studio</p> <p>Zumba 10:30-11:30am w Beth Trotter L1-3 Starts in Group</p> <p>KettleBell Express 12:30pm-1:05pm W Debbie M. Rast L2-3</p> <p>Athletic Conditioning 6:00-6:45pm Jordan R L2-3</p> <p>"New" Class Tai-Chi 7:00-8:00pm Butch F All Levels</p>	<p>Cardio Funk 8:15-9:15am Angie R L1-3</p> <p>Body Blast 9:30-10:30am Angie R L2-3</p> <p>Starts 1/8/2019 POUND 6:15-6:45pm Pam Petrucci All levels *Yoga/Barre Studio</p>	<p>Cycle/Hiit- 8:45-9:45am Cycle/HiIT/w Cardio Intervals Paige Kell All Levels</p> <p>* Starts in group Studio</p> <p>Abs/Glutes/Core 5:30-6:00pm Pam Petrucci L2-3</p> <p>Tabata Training 6:05-6:35pm Pam Petrucci L2-3</p> <p>" New" Class Strong HIIT 7:00-7:30pm Quiana C L2/3</p>	<p>Body Blast/ Strength 8:15am-9:00am Angie ramage L2-3</p> <p>Wurkit! 9:15-10:15am Marcea L1-3</p> <p>Agility/Balance/Core 12:30-1:15pm Deb Pitsos Intermediate</p> <p>Custom Cuts 6:00-6:45pm Shelley Shope L1-3</p>	<p>Functional Training 8:00-9:00am Deb Dawson L2-3</p> <p>Cardio/Funk Pump 9:15-10:15am Angie Ramage L2-3</p>	<p>HIIT Combos Rotation 8:30-9:15am Krysti 1st. Jordan 2nd. Beth 3rd. Bobbie Jo 4th.</p> <p>Zumba 9:30-10:30am Nadja Canty 1&3 rd. Alisha White 2&4th. L1-3 No 5th. Saturday Class</p> <p>How to read the new schedule: Example: Zumba Tone= Class 9:30-10:30am = Time Jaime = Instructor L2-3 = Level Intermediate to Advanced</p> <p>12/23/18 Debbie M. Rast</p>	<p>"New" Time Kettlebell Combos 1:30pm-2:30pm Mickey Thompson L2-3</p> <p>Jan. 6th. & 20th. Hip/Hop Step w Steph M 4:45-5:45pm all levels C 1-2</p>

Riverwalk Group Cycle Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>"New" Rotation 5:45am-6:30am Melanie/Quiana L1-3 Quiana, 8th/22nd. Melanie, 15th/29th</p>				<p>Cycle Rotation 9:15am-10:00am</p> <p>Jill 5th. Jill 12th. Krysti 19th. Jill 26th.</p>	
<p>Cycle/Cross 9:00-10:15am Cheryl Gard L1-3 * Starts in Group Studio</p>	<p>"New" Rotatin Cycle 9:30-10:15am Tiffany-8th, 22nd. Rainy-15th, 29th Instructors Rotate</p>	<p>"New" Format/Time Cycle/Hiit w Cardio Intervals 8:45-9:45am Paige Kell All Levels * Starts in group Studio</p>				
<p>Cycle/HiIT 6:15pm-7:00pm Tonya Peck L1-3</p>		<p>Cycle/HiIT 6:15pm-7:00pm Nancy L1-3</p>	<p>Starts back 1/3/19 Cycle/Sculpt 6:15pm-7:15pm Tonya Peck L1-3</p>			
					DMRast-Subject to change 12/23/18	

Riverwalk Yoga, Barre, & Stretch Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Mixed Level Yoga 8:15am-9:15am Beth Trotter All Levels</p> <p>Barre 9:30-10:30am Beth E. *In Group Room</p> <p>Mixed Level Yoga 10:45-11:45am Ann Correll L2-3</p> <p>Tai-Chi 12:30-1:30pm Lisa Perrot Level 1</p> <p>Mindful Yoga Rose M 6:00-7:00pm L2-3</p>	<p>Alignment Based Yoga 9:30am-10:30am Betsy Williams L1-2</p> <p>Hatha Yoga 10:45am-11:45am Jessi Gates L2-3</p> <p>Deep Stretch 6:00-7:00pm Betsy Willimams All Levels * Group Fitness Room</p>	<p>Barre 9:15-9:55am Juliana Zimmerman L1-3</p> <p>Pilates 10:00-11:00am Diane McNeely Mat Based L1-3</p>	<p>Yo~Chi 9:00am-10:00am Colleen Brannon All Levels</p> <p>Pilates 10:15am-11:15am w Colleen B L1-2</p> <p>Deep Stretch 6:00pm-7:00pm Betsy Williams All levels</p>	<p>Barre 8:15am-9:15am Melissa All Levels</p> <p>Mixed Levels Yoga 9:30am-10:45am Terri Ober L 1-3</p>	<p>Power Hour Yoga 9:30am-10:45am Matt L2-3</p>	<p>" New Class" Slow Flow & Meditation 4:00-5:00pm W Melanie Deal All Levels</p>
<p>How to read the new schedule: Example: Zumba = Class 5-5:55pm = Time Jaime = Instructor L2-3 = Level Intermediate to Advanced F = Fitness Room</p>						
<p>Subject to change Revised 12/22/18</p>						
<p>DMR</p>						