



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

# Group Fitness Schedule

## **WELCOME TO CHARLOTTE AVENUE!**

**February Charlotte Avenue**

*Stay committed, happy and healthy!*

**New Instructors for classes:**

**Tuesday: Yoga at 10:35 am is now with Pam**

**Wednesday: Kettlebell Combo at 8:30 am is now with Alicia**

**Thursday: HIIT/HIRT at 8:30 am is now Jordan/Alicia**

*1 Corinthians 13:13*

*“And now these three remain: faith, hope and love. But the greatest of these is love.”*

## **Charlotte Avenue YMCA**

402 Charlotte Avenue  
Rock Hill, SC 29730  
(803) 329-9622

Manager:  
Lamar Thompson

### **Facility Hours-**

Monday-Friday 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

### **Co-Coordinators:**

Beth Trotter  
[bethtrotter@upymca.org](mailto:bethtrotter@upymca.org)  
Nadja Canty  
[nadjacanty@upymca.org](mailto:nadjacanty@upymca.org)

For Classes and Cancellations  
please go online to:  
[www.upymca.org/schedules/](http://www.upymca.org/schedules/)  
or visit us online at:  
[www.facebook.com/upymca](http://www.facebook.com/upymca)



# February 2019 AEROBICS SCHEDULE -CHARLOTTE AVE BRANCH YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:15-6:00 AM</b> <b>Strength Tabata Express</b> Jennifer L 2-3	<b>8:30-9:15 AM</b> <b>Fit Fix Express</b> JoD/Danne L 1-3	<b>8:30-9:15 AM</b> <b>Kettlebell Combo</b> Alicia L 2-3	<b>8:30-9:20 AM</b> <b>HIIT/HIRT</b> Jordan/Alicia L 2-3	<b>5:45-6:30 AM</b> <b>Cardio Strength Xtreme</b> Mia L 2-3	<b>8:30-9:25 AM</b> <b>Cardio Challenge</b> Nancy L 1-3	<b>2:00-3:00 PM</b> <b>Beginner/Int. Yoga</b> *Instructors Rotate L 1-2 Pam 3rd Becca 10th Caroline 17th Rose 24th
<b>8:30-9:15 AM</b> <b>Insanity</b> Janice L 2-3	<b>9:25-10:25 AM</b> <b>Sassy/Classy Seniors</b> 60+ Sylvia L1-2	<b>9:30-10:25 AM</b> <b>Sculpt/Sweat</b> Mickey L1-3	<b>9:30-10:25 AM</b> <b>Sassy Seniors</b> 60+ Sylvia L 1-2	<b>8:30-9:30 AM</b> <b>Ultimate Frisbee</b> Ronnie L 1-3 New Gym	<b>9:30-10:25 AM</b> <b>Sculpt/Sweat</b> Danne L 1-3	<b>4:30-5:30 PM</b> <b>ZUMBA</b> <b>Aerobics Room</b> Instructors Rotate: Alisha-3rd Nadja-10th Liz B-17th Tressa-24th
<b>9:30-10:30 AM</b> <b>Total Body Sculpt</b> Mickey L 1-3	<b>10:35-11:35 AM</b> <b>Yoga</b> Pam L 1-3	<b>10:30-11:30 AM</b> <b>Yoga</b> Beth L1-3	<b>10:35-11:20 AM</b> <b>Barre Burn Express</b> Ashley L 1-3	<b>8:30-9:20 AM</b> <b>Express Intervals</b> Joni L 2-3 *4th Friday on walking track	<b>10:30-12:00 PM</b> <b>Flow and Restore</b> Instructors Rotate L 1-2 Pam 2nd Jessi 9th Beth 16th Rose 23rd	<b>Fit Kids</b> <b>Monday:</b> 5:30-6:15 pm <b>Thursday:</b> 5:15-6:00pm
<b>12:15-1:00 PM</b> <b>Step /Sculpt</b> Laura L 1-	<b>12:15-1:15 PM</b> <b>Cardio Fit Seniors</b> Colleen B	<b>12:15-1:00 PM</b> <b>Hi/Lo</b> Laura L 1-2	<b>12:15-1:15 PM</b> <b>Cardio Fit Seniors</b> Colleen B	<b>9:30-10:30 AM</b> <b>Cardio Funk</b> Beth L 1-3		
<b>1:30-2:15 PM</b> <b>Silver Sneakers Classic</b> Jason	<b>1:30-2:20 PM</b> <b>Silver Sneakers Yoga Stretch</b> Colleen B	<b>1:30-2:15 PM</b> <b>Silver Sneakers Classic</b> Jason	<b>1:30-2:20 PM</b> <b>Silver Sneakers Yoga Stretch</b> Colleen B	<b>10:35-11:35</b> <b>Deep Stretch/Restorative</b> Beth L 1-2		<b>Spin Classes</b> <b>Monday:</b> 12:15-1:00 PM -Trish <b>Tuesday:</b> 5:15-6:00 PM -Leah <b>Wednesday:</b> 12:15-1:00 PM -Trish <b>Thursday:</b> 6:00-7:00 PM -Quiana
<b>4:30-5:25 PM</b> <b>Sculpt/Sweat</b> Nancy L 1-3	<b>5:00-5:45 PM</b> <b>Barre Burn Express</b> Ashley L 1-3	<b>4:30-5:25 PM</b> <b>Sculpt/Sweat</b> Nancy G L 1-3	<b>6:05-6:55 PM</b> <b>Body Blast</b> Colleen F L1-3			
<b>6:00-7:00 PM</b> <b>Zumba</b> Nadja L 1-3 <b>New Gym</b>	<b>7:00-8:00PM</b> <b>Yoga</b> Becca L 1-3	<b>5:30-6:25 PM</b> <b>Athletic Conditioning</b> Mia B L 2-3	<b>7:00-8:00 PM</b> <b>1st and 3rd Mixxed Fitt w/ Kameta</b>	<b>February Changes and Announcements</b>  <b>New Instructors:</b> <b>Tuesday: Yoga 10:35am with Pam</b> <b>Wednesday: Kettlebell Combo 8:30am with Alicia</b> <b>Thursday: 8:30 HITT/HIRT Jordan/Alicia</b>  *Revised by Beth Trotter 1/29/19 subject to change without notice.		
<b>7:00-7:45 PM</b> <b>HIIT/Strength Circuits</b> Bobbie Jo L 2-3		<b>6:30-7:30 PM</b> <b>Hip Hop Step</b> Stephanie L1-3				
				<b>Child Watch Hours:</b> Monday- Thursday: 8 am-12 pm & 4 pm-8 pm Friday: 8am-12pm Saturday 8am-12pm		

**Hours of Operation: 803-329-9622 X 0 front desk information**  
 Monday-Friday: 5 am-9:30 pm  
 Saturday: 7:30 am-6 pm  
 Sunday: 1:00pm-6:00pm

Visit us on the web at [www.upymca.org](http://www.upymca.org) or [www.facebook.com/upymca](https://www.facebook.com/upymca) for the latest information



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# INDOOR WATER AEROBICS SCHEDULE FEBRUARY 2019

## CHARLOTTE AVE BRANCH YMCA

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am – 10:30am						AQUACISE w/ Emily All Levels
9:00 – 10:00 am		H2O Power Hour Level 2-3		H2O Power Hour Level 2-3		
10:00 – 11:00 am	Low Impact Arthritis /Range of Motion Class Elizabeth Level 1	Water Yoga w/Emily H All Levels	Low Impact Arthritis/Range of Motion Class Elizabeth Level 1	Water Yoga w/ Emily H All Levels	Low Impact Arthritis/Range of Motion Class Elizabeth Level 1	
6:00 – 7:00 pm	Water Aerobics w/Nikki Level 2-3	Water Aerobics w/ Alice Level 1-2	Water Aerobics w/Nicki Level 2-3	Water Aerobics w/ Alice Level 1-2 3	Water Aerobics w/ Lynn Level 2-3	

### Charlotte Avenue Branch Hours

**M-F:** 5:00AM to 9:30PM

**Sat:** 7:30AM to 6:00PM Sun: 1:30PM to 6:00PM

**Childwatch Hours: 803-329-9622**

**M-Th:** 8:00AM to 12PM & 4:00PM to 8: 00PM

**Fri:** 8:00AM to 12PM **Sat:** 8:00AM to 12PM

### Upcoming YMCA Events

Visit us on the web at [www.upymca.org](http://www.upymca.org) or [www.facebook.com/upymca](http://www.facebook.com/upymca) for the latest information.

Schedules revised 1/29/19 BT- Subject to change