



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

Group Fitness Schedule

WELCOME TO CHARLOTTE AVENUE!

March Charlotte Avenue

Stay committed, happy and healthy!

**New Class Time: Mixed Fitt with Kameta is now 6:30-7:30 PM
1st and 3rd Thursdays**

Ephesians 6:10

*“Finally, be strong in the Lord and in the strength of
his might”*

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
Nadja Canty
nadjacanty@upymca.org

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



March 2019 AEROBICS SCHEDULE -CHARLOTTE AVE BRANCH YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:00 AM Strength Tabata Express Jennifer L 2-3	8:30-9:15 AM Fit Fix Express JoD/Danne L 1-3	8:30-9:15 AM Kettlebell Combo Alicia L 2-3	8:30-9:20 AM HIIT/HIRT Alicia L 2-3	5:45-6:30 AM Cardio Strength Xtreme Mia L 2-3	8:30-9:25 AM Cardio Challenge Nancy L 1-3	2:00-3:00 PM Beginner/Int. Yoga *Instructors Rotate L 1-2 Pam-3rd Caroline-10th Becca-17th Ronnee-24th Ronnee-31st
8:30-9:15 AM Insanity Janice L 2-3	9:25-10:25 AM Sassy/Classy Seniors 60+ Sylvia L1-2	9:30-10:25 AM Sculpt/Sweat Mickey L1-3	9:30-10:25 AM Sassy Seniors 60+ Sylvia L 1-2	8:30-9:30 AM Ultimate Frisbee Free Play L 1-3 New Gym	9:30-10:25 AM Sculpt/Sweat Danne L 1-3	4:30-5:30 PM ZUMBA Aerobics Room Instructors Rotate: Alisha-3rd Nadja-10th Liz B-17th Tressa-24th *Hip hop Step w/ Steph on the 30th
9:30-10:30 AM Total Body Sculpt Mickey L 1-3	10:35-11:35 AM Yoga Pam L 1-3	10:30-11:30 AM Yoga Beth L1-3	10:35-11:20 AM Barre Burn Express Ashley L 1-3	8:30-9:20 AM Express Intervals Joni L 2-3 *4th Friday on walking track	10:30-12:00 PM Flow and Restore Instructors Rotate L 1-2 Pam- 2nd Jessi- 9th Caroline-16th Beth-23rd Rose-30th	Fit Kids Monday: 5:30-6:15 pm Thursday: 5:15-6:00pm
12:15-1:00 PM Step /Sculpt Laura L 1-	12:15-1:15 PM Cardio Fit Seniors Colleen B	12:15-1:00 PM Hi/Lo Laura L 1-2	12:15-1:15 PM Cardio Fit Seniors Colleen B	9:30-10:30 AM Cardio Funk Beth L 1-3		
1:30-2:15 PM Silver Sneakers Classic Jason	1:30-2:20 PM Silver Sneakers Yoga Stretch Colleen B	1:30-2:15 PM Silver Sneakers Classic Jason	1:30-2:20 PM Silver Sneakers Yoga Stretch Colleen B	10:35-11:35 Deep Stretch /Restorative Beth L 1-2	Spin Classes Monday: 12:15-1:00 PM -Trish Tuesday: 5:15-6:00 PM -Leah Wednesday: 12:15-1:00 PM -Trish Thursday: 6:15-7:00 PM - Quiana	
4:30-5:25 PM Sculpt/Sweat Nancy L 1-3	5:00-5:45 PM Barre Burn Express Ashley L 1-3	4:30-5:25 PM Sculpt/Sweat Nancy G L 1-3	6:30-7:30 PM 1st and 3rd Mixed Fitt w/ Kameta			
6:00-7:00 PM Zumba Nadja L 1-3 New Gym	7:00-8:00PM Yoga Becca L 1-3	5:30-6:25 PM Athletic Conditioning Mia B L 2-3		March Changes and Announcements New class time: Mixed Fitt w/ Kameta 1st and 3rd Thursdays is now 6:30-7:30 pm *Revised by Beth Trotter 2/26/19 subject to change without notice.		
7:00-7:45 PM HIIT/Strength Circuits		6:30-7:30 PM Hip Hop Step Stephanie		Child Watch Hours: 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 or www.facebook.com/upymca for the latest						



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INDOOR WATER AEROBICS SCHEDULE MARCH 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 or www.facebook.com/upymca for the latest information.

Schedules revised 2/26/19 BT- Subject to change