



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

Group Fitness Schedule

WELCOME TO THE RIVERWALK

April 2019 Riverwalk

April Classes at the Riverwalk Y.

Please check the "**New April 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.

Closed on April 21st. In Observance of Easter

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 McCrorie- 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>Kettlebell/Hiit Express 12:30-1:05pm Debbie Rast L2-3</p> <p>Dance Fit Express 4:45-5:30pm w Crystal All levels</p> <p>Athletic Conditioning 6:00-6:45pm Jordan R L2-3</p> <p>"New" Class Tai-Chi Butch F 7:00-8:00pm 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>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>"New" Class Kettlebell/Hiit Abs/Glutes/Core 5:20-5:50pm Debbie M. Rast L2-3</p> <p>"New" Class Tabata Strength 6:00-6:45pm Shelley Shope 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 Intermeadiate</p> <p>* Removed Custom Cuts 6:00-6:45pm</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>Boot Camp/ Hiit 8:30-9:15am Krysti 1st. Jordan 2nd. Beth 3rd. Ann A 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>"New" Class Sunday 14th,28th Hiit-Strong 4:45-5:15pm Quiana L2-3</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>"New" Time Kettlebell Combos 1:30pm-2:30pm Mickey Thompson L2-3</p> <p>April 21st. Hip/Hop Step w Steph M 4:45-5:45pm all levels C 1-2</p> <p>"New" Class Sunday 14th,28th Hiit-Strong 4:45-5:15pm Quiana L2-3</p> <p>3/26/19 Debbie M. Rast</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, 2nd. 16th Melanie, 9th, 23rd, 30th L1-3</p> <p>"New" Rotatin Cycle 9:30-10:15am Rainy, 9th, 23rd. Tiffany 2nd, 16th, 30th, L1-3</p>	<p>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 Nancy L1-3</p>	<p>Cycle/Sculpt 6:15pm-7:15pm Tonya Peck L1-3</p>		<p>Cycle Rotation 9:15am-10:00am</p> <p>Tonya Peak 6th. Jill 13th. Jill 20th. Krysti 27th.</p>	
<p>Cycle/Cross 9:00-10:15am Cheryl Gard L1-3 * Starts in Group Studio</p> <p>Cycle/HiIT 6:15pm-7:00pm Tonya Peck L1-3</p>						
					DMRast-Subject to change 3/26/19	

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>Classical Yoga 10:45am-11:45am Jessi Gates L2-3</p> <p>Deep Stretch 6:00-7:00pm Betsy Willimams All Levels Meets in Group Studio</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 Meets in Group Studio</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 Yoga 9:30am-10:45am Matt L2-3 *not beginner</p>	<p>Slow Flow/Meditation 4:00-5:00pm Melanice Deal All Levels *tickets are given out 30 minutes prior to class one ticket per member.</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 3/26/19</p>						
<p>DMR</p>						