



**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 Instructors for classes:**

**Monday: Cardio/Core Xtreme at 5:45 am is with Mia.**

**No Group Fitness Classes on Easter April 21<sup>st</sup>.**

*John 3:16*

*“For God so loved the world that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.”*

## **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-Coordinator:**

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)



# April 2019 AEROBICS SCHEDULE -CHARLOTTE AVE BRANCH YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:45-6:30 AM</b> <b>Cardio/Core Xtreme</b> Mia 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> 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 Caroline-7th Jessi-14 <sup>th</sup> No Class-21 <sup>st</sup> Caroline-28 <sup>th</sup>
<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> Free Play 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- 7th Nadja-14th No class-21st Tressa-28th
<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 *4 <sup>th</sup> Friday on walking track	<b>10:30-12:00 PM</b> <b>Flow and Restore</b> Instructors Rotate L 1-2 Pam- 6 <sup>th</sup> Rose- 13 <sup>th</sup> Jessi-20 <sup>th</sup> Jessi-27 <sup>th</sup>	<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	<p><b>Spin Classes</b></p> <p><b>Monday:</b> 12:15-1:00 PM -Trish</p> <p><b>Tuesday:</b> 5:15-6:00 PM -Leah</p> <p><b>Wednesday:</b> 12:15-1:00 PM -Trish</p> <p><b>Thursday:</b> 6:15-7:00 PM-Quiana</p>	
<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 L 1-3	<b>6:30-7:30 PM</b> <b>1<sup>st</sup> and 3<sup>rd</sup> Mixed Fit w/ Kameta</b>			
<b>6:00-7:00 PM</b> <b>Zumba</b> Nadja/Sandra 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 L 2-3		<p><b>April Changes and Announcements</b></p> <p><b>New class time: Mixed Fit w/ Kameta 1<sup>st</sup> and 3<sup>rd</sup></b></p> <p><b>Thursdays is now 6:30-7:30 pm</b></p> <p><b>New class: Cardio/Core Xtreme w/ Mia Monday at 5:45-6:30 am</b></p> <p><b>No Classes on the 21<sup>st</sup>. Happy Easter!</b></p>		
<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				

**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

**Child Watch Hours:**  
 Monday- Thursday: 8 am-12 pm & 4 pm-8 pm  
 Friday: 8am-12pm  
 Saturday 8am-12pm  
 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