



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

# Group Fitness Schedule

## WELCOME TO CHARLOTTE AVENUE!

May Charlotte Avenue

*Stay committed, happy and healthy!*

Mark your Calendars!! May 11<sup>th</sup> there will be a YOGATHON from 10am-12pm. All proceeds will be donated to the Annual Campaign. \$10 for members and non members. Come for a 2 hour practice led by Caroline, Beth and Ronnee. The intention for the class will be focusing on Spring, new growth, planting seeds of positivity and gratitude in our lives as well as the lives of others. Join us for this practice that will include meditation, gentle stretching, vinyasa flow and ending with a deep stretch/restorative portion and an extended savasana.

Classes will be cancelled the following days:

May 12<sup>th</sup> – Mother's Day

May 26<sup>th</sup> and 27<sup>th</sup>- Memorial Day Holiday

*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-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)



# May 2019 AEROBICS SCHEDULE -CHARLOTTE AVE BRANCH YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:45-6:30 AM</b> <b>Athletic Conditioning</b> Mia L 2-3	<b>8:30-9:15 AM</b> <b>Custom Cuts</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>Bootcamp</b> Mia L 2-3	<b>8:30-9:25 AM</b> <b>Athletic Conditioning</b> Nancy L 1-3	<b>2:00-3:00 PM</b> <b>Yoga</b> *Instructors Rotate L 1-2 Becca-5th No Class Mothers Day-12th Caroline-19th No class Memorial Day Weekend -26th
<b>8:30-9:15 AM</b> <b>Insanity</b> Janice L 2-3	<b>9:25-10:25 AM</b> <b>Fit Over 50</b> Sylvia L1-2	<b>9:30-10:25 AM</b> <b>Custom Cuts</b> Mickey L1-3	<b>9:30-10:25 AM</b> <b>Fit Over 50</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>Custom Cuts</b> Danne L 1-3	<b>4:30-5:30 PM</b> <b>ZUMBA</b> <b>Aerobics Room</b> Instructors Rotate: Alisha- 5th No Class Mothers Day-12th Liz B-19th No Class Memorial Day Weekend- 26th
<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>Hatha Yoga</b> Beth L1-3	<b>12:15-1:15 PM</b> <b>Cardio Fit Seniors</b> Colleen B	<b>8:30-9:20 AM</b> <b>Athletic Conditioning</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 Jessi- 4th YOGATHON- 11th Jessi-18th Pam-25th	<b>Kid Fit</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 n' 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>Step n' Sculpt</b> Laura L 1-2	<b>1:30-2:20 PM</b> <b>SilverSneakers</b> <b>Yoga Stretch</b> Colleen B	<b>9:30-10:30 AM</b> <b>Cardio Funk</b> Beth L 1-3	<b>Cycle 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> 6:15-7:00 PM-Quiana	
<b>1:30-2:15 PM</b> <b>SilverSneakers Classic</b> Jason	<b>1:30-2:20 PM</b> <b>SilverSneakers Yoga Stretch</b> Colleen B	<b>1:30-2:15 PM</b> <b>SilverSneakers Classic</b> Jason	<b>6:30-7:30 PM</b> <b>1st and 3rd</b> <b>Mixed Fit w/ Kameta</b>	<b>10:35-11:35</b> <b>Deep Stretch</b> Beth L 1-2		
<b>4:30-5:25 PM</b> <b>Custom Cuts</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>Custom Cuts</b> Nancy L 1-3		<b>May Changes and Announcements</b> Yogathon for the Annual Campaign 5/11 10am-12pm in the Group Fitness room There will be no group fitness classes on 5/12- Happy Mothers Day!! There will be no group fitness classes on 5/26 and 5/27- Happy Memorial Day Weekend *Revised by Beth Trotter 4/29/19 subject to change without notice.		
<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				
<b>7:00-7:45 PM</b> <b>HIIT</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



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# INDOOR WATER AEROBICS SCHEDULE MAY 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](https://www.facebook.com/upymca) for the latest information.

Schedules revised 4/29/19 BT- Subject to change