



**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 11th 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 12th – Mother's Day

May 26th and 27th- 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
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



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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 or www.facebook.com/upymca for the latest information.

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