



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

## **WELCOME TO CHARLOTE AVENUE!**

**JUNE -Charlotte Avenue**

**JUNE CLASSES:**

*“New” classes:*

*Wednesday: Cycle with Jennifer 10:00-10:45 AM*

*Thursday: Hip Hop Step with Steph 10:35-11:35 AM*

*Stay Committed, happy and healthy!*

### **Charlotte Avenue YMCA**

402 Charlotte Avenue  
Rock Hill, SC 29730  
(803) 329-9622  
Manager:  
Lamar Thompson

**Facility Hours-January 4th**

Mon-F 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

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)



## June 2019 AEROBICS SCHEDULE -CHARLOTTE AVE BRANCH YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:45-6:30 AM Athletic Conditioning</b> Mia L 2-3	<b>8:30-9:15 AM Custom Cuts</b> JoD/Danne L 1-3	<b>8:30-9:15 AM Kettlebell Combo</b> Alicia L 2-3	<b>8:30-9:20 AM HIIT/HIRT</b> Alicia L 2-3	<b>5:45-6:30 AM Athletic Conditioning</b> Mia L 2-3	<b>8:30-9:25 AM Muscle Blast</b> Nancy L 1-3	<b>2:00-3:00 PM Yoga</b> *Instructors Rotate L 1-2 2 <sup>nd</sup> Caroline 9 <sup>th</sup> Jessi 16 <sup>th</sup> Jessi 23 <sup>rd</sup> Rose 30 <sup>th</sup> Caroline
<b>8:30-9:15 AM Insanity</b> Janice L 2-3	<b>9:25-10:25 AM Fit Over 50</b> Sylvia L1-2	<b>9:30-10:25 AM Muscle Blast</b> Mickey L1-3	<b>9:30-10:25 AM Fit Over 50</b> 60+ Sylvia L 1-2	<b>8:30-9:30 AM Ultimate Frisbee</b> Free Play L 1-3 New Gym	<b>9:30-10:25 AM Custom Cuts</b> Danne L 1-3	<b>4:30-5:30 PM ZUMBA Aerobics Room</b> Instructors Rotate: 2 <sup>nd</sup> Alisha 9 <sup>th</sup> Nadja 16 <sup>th</sup> Liz 23 <sup>rd</sup> Tressa *30 <sup>th</sup> Hip Hop Step with Stephanie
<b>9:30-10:30 AM Muscle Blast</b> Mickey L 1-3	<b>10:35-11:35 AM Yoga</b> Pam L 1-3	<b>10:35-11:35 AM Hatha Yoga</b> Beth L1-3	<b>NEW CLASS!!!</b> <b>10:35-11:35 AM Hip Hop Step</b> Stephanie L1-3	<b>8:30-9:20 AM Athletic Conditioning</b> Joni L 2-3 *4 <sup>th</sup> Friday on walking track	<b>10:30-12:00 PM Flow and Restore</b> Instructors Rotate L 1-2 1 <sup>st</sup> Jessi 8 <sup>th</sup> Pam 15 <sup>th</sup> Jessi 22 <sup>nd</sup> Beth 29 <sup>th</sup> Melanie	
<b>12:15-1:00 PM Health Fitness for Seniors</b> Laura L 1-2	<b>12:15-1:15 PM SilverSneakers CardioFit</b> Colleen B L1-2	<b>12:15-1:00 PM Health Fitness for Seniors</b> Laura L 1-2	<b>12:15-1:15 PM SilverSneakers CardioFit</b> Colleen B L 1-2	<b>9:30-10:30 AM Cardio Funk</b> Beth L 1-3		
<b>1:30-2:15 PM SilverSneakers Classic</b> Jason	<b>1:30-2:20 PM SilverSneakers Yoga</b> Colleen B L1-2	<b>1:30-2:15 PM SilverSneakers Classic</b> Jason	<b>1:30-2:20 PM SilverSneakers Yoga</b> Colleen B L1-2	<b>10:35-11:35 Deep Stretch</b> Beth L 1-2		
<b>4:30-5:25 PM Custom Cuts</b> Nancy L 1-3	<b>5:00-5:45 PM Barre Burn Express</b> Ashley L 1-3	<b>4:30-5:25 PM Custom Cuts</b> Nancy L 1-3	<b>6:30-7:30 PM 1<sup>st</sup> and 3<sup>rd</sup> Mixxed Fit w/ Kameta</b>			
<b>6:00-7:00 PM Zumba</b> Nadja/Sandra L 1-3 <b>New Gym</b>	<b>7:00-8:00PM Yoga</b> Becca L 1-3	<b>5:30-6:25 PM Athletic Conditioning</b> Mia L 2-3				
<b>7:00-7:45 PM HIIT</b> Bobbie Jo L 2-3						



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# INDOOR WATER AEROBICS SCHEDULE JUNE 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](http://www.facebook.com/upymca) for the latest news.

**Schedules revised 5/29/19 BT- Subject to change**