



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

WELCOME TO THE RIVERWALK

June- 2019 Riverwalk Y

June Classes at Riverwalk.

Please check the "New" **June** Schedules for Group Fitness. In a hurry, or Super busy? Try Wellbeats. Our front desk staff can help you get started. It is Free.

Removed Exercise Classes in June:

Monday -8:15am Yoga –removed

Riverwalk YMCA

998 Riverwalk Parkway
Suite 101
Rock Hill, SC 29730
(803) 328-9622
Manager:
Andy McGee

Facility Hours-January 4th

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:

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 L1-3</p> <p>Cycle Strength 9:00-10:15am Cheryl Gard L1-3 Studio</p> <p>Kettlebell Combos 12:30-1:05pm Debbie Rast L1-3</p> <p>Cardio Funk 4:45-5:30pm w Crystal L1-3</p> <p>Athletic Conditioning 6:00-6:45pm Paige Kell L1-3</p> <p>Tai-Chi Butch F 7:00-8:00pm L1-3</p>	<p>Cardio Funk 8:15-9:15am Angie R L1-3</p> <p>Athletic Conditioning 9:30-10:30am Angie R L1-3</p> <p><i>POUND</i> 6:15-6:45pm Pam Petrucci All levels *Yoga/Barre Studio</p>	<p>Cycle Cross Training 8:45-9:45am Paige Kell L1-3 * Starts in group Studio</p> <p>*9:30am-10:30am Debbie M. Rast Reserved PT *Group</p> <p>HIRT 5:20-5:50pm Debbie M. Rast L1-3</p> <p>Tabata Strength 6:00-6:45pm Shelley Shope L1-3</p>	<p>Muscle Blast 8:15am-9:00am Angie ramage L1-3</p> <p>Cardio Funk 9:15-10:15am Marcea L1-3</p> <p>12:30-1:15pm Athletic Conditioning Deb Pitsos L1-3</p>	<p>Functional Fitness 8:00-9:00am Deb Dawson L1-3</p> <p>Cardio Funk 9:15-10:15am Angie Ramage L1-3</p>	<p>Bootcamp 8:30-9:15am Krvsti 1st. Beth 2nd. Beth 3rd. Ann 4th. L1-3</p> <p>Zumba 9:30-10:30am Nadja Canty 1&3 rd. Alisha White 2&4th. L1-3 No 5th. Saturday Class</p> <p>Strong by Zumba 4:45-5:15pm Quiana Sunday June 9th/23rd L1-3</p> <p>No Group Classes</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 style="text-align: right;">5/24/2019</p> <p>Debbie M. Rast * Location</p>	<p>Kettlebell Combos 1:30pm-2:30pm Mickey Thompson L1-3</p> <p>Hip Hop Step w Steph M 4:45-5:45pm all levels C 1-2 Sunday, June 2nd/16th</p>

Riverwalk Group Cycle Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>Cycle 5:45am-6:30am Melanie/Quiana L1-3 Quiana, 4th&18th. Melanie, 11th& 25th L1-3</p>				<p>Cycle 9:15am-10:00am</p> <p>Krysti 1st. Krvsti 8th. Ali 15th. Tonya 22nd. Krysti 29th. L1-3</p>	
<p>Cycle Strength 9:00-10:15am Cheryl Gard L1-3 * Starts in Group Studio</p>	<p>Cycle 9:30-10:15am Rainy, 4th& 18th Krysti, 11th & 25th. L1-3</p>	<p>Cycle Cross Training Intervals 8:45-9:45am Paige Kell L1-3 * Starts in group Studio</p>				
<p>Cycle 6:15pm-7:00pm Tonya Peck L1-3</p>		<p>Cycle 6:15pm-7:00pm Nancy L1-3</p>	<p>Cycle Strength 6:15pm-7:15pm Krysti Blocker L1-3</p>			
					<p>DMRast-Subject to change 5/24/2019</p>	
					<p>* location</p>	



UPPER PALMETTO YMCA

Riverwalk Branch

Health & Wellness Class Descriptions

MIND | BODY | SOUL

Barre: Strengthen your core by utilizing ballet movements and intelligent isometric moves. Level 1-3

Athletic Barre: This is a fun, challenging strength workout that fuses techniques from ballet, Pilates, and yoga with intervals of power movement to sculpt a lean, strong, dancer-like physique. Level 2-3

Deep Stretch: Improve joint flexibility and help re-lubricate joints through a quiet, meditative practice of deeply held postures. This is a perfect complement to your active, yang practice or athletic endeavors to give you greater flexibility and help prevent injuries. Mat class. Level 1-3

Yo Chi: This class is based on the Yang style (a series of 24 forms) and is a gentle form of exercise that integrates the mind and body while cultivating internal energy. Yo Chi will promote and improve muscular strength, fitness and flexibility as well as improve confidence and balance. Level 1-3

Tai Chi: The graceful, slow speed of Tai Chi, coupled with an emphasis on deep breathing and mental focus, creates balance, flexibility and calmness, which relieves stress and allows for the integration of your mind and body. Level 1-3

Pilates: Working from the core outward, you will progress from beginning to intermediate exercises, improving your strength, flexibility and the balance between the two in the process. Learn skills to achieve balance and flexibility while lengthening and strengthening through mat work developed by Joseph Pilates. Mat Class. Level 1-3

Pilates Conditioning: This is a multi-level core centered workout that is perfect for all levels. You will strengthen your core while improving flexibility and coordination. This class focuses on balance and strength endurance. Props, including weights, resistance bands, etc. may be incorporated. Level 1-3

Power Yoga: This yoga class is a system of practice used to create balance on all the layers of self (physical, energetic, emotional and mental) using the three main threads of yoga practice: body, breath, and mind. The Asanas (poses), Vinyasas (flowing movements), Pranayama (breathing techniques), and turns on the mat, are creatively integrated while using all major ranges of mobility for arms, legs and spine. The primary goal of practice is not to target the body, but to target ones concentration, focus and attention; to turn it all inward, creating a serenely stable inner-atmosphere conducive for awareness and personal development. Levels 2-3

Gentle Yoga: This is a restful, calming class that will include breath work, flowing movements, passive and supported poses. This class is suitable for all levels, great for beginners and those with limited mobility.

Level 1-3

Continued:

Alignment Based Yoga: We work to penetrate deeper into the yoga experience through intense focus and longer holds, paying close attention to the precise muscular and skeletal alignment this system demands. We use props such as belts, chairs, walls, blocks and blankets. Level 1-2

Mixed Level Yoga: This Hatha style (a series of 26 poses) class is a blend of vinyasa, and yin yoga with meditation at the beginning and end of class. Focused on integration of movement, alignment, and breath, this class is available as both a Levels 1-3 class and Levels 2-3.

Yoga: This class includes the practice of asanas (yoga postures) and pranayama (**breathing** exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation. Level 1-3

Slow Flow Yoga, Meditation: Take it slow with this gentle, but deep approach to Vinyasa yoga. The later part of class includes a guided meditation for the ultimate yoga experience. Level 1-3

STRENGTH

POUND®: A full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometric and Isometric poses. Drum our way to a leaner, slimmer physique – all while rocking out to your favorite music! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Level 1-3

Custom Cuts: Designed not only to boost your caloric expenditure but to redefine, reshape and strengthen your body using weights and body weight exercises. May include short cardio “sprints” to increase overall endurance. Level 1-3

HIIT: High Intensity Resistance Training, alternates core strength, weight training, and cardio bursts for a high intensity workout. By executing several exercises together and not letting your heart rate drop, you will increase your basal metabolic rate and burn tons of calories! Level 2-3

HIIT: High Intensity Interval Training is an exciting workout that offers aerobic, anaerobic, muscular endurance, and fat burning exercises that will push you to your limits. The HIIT routine alternates between intense bursts of activity and periods of low to moderate exercise. Level 2-3

Athletic Conditioning: A TOTAL BODY workout combining elements of explosive cardio, strength, speed, balance, agility, core conditioning, and FUN!! Classes vary each week using different count combinations, equipment, and techniques. Different ability levels work within goal ranges according to each timed segment. Tiered options and modifications provided! Level 1-3

Boot Camp: A high intensity strength, endurance and fitness training through a variety of intervals/drills. Level 1-3

Ab Lab: If you want firmer abs and a stronger back, this is the class for you! This hardcore abdominal workout will focus on toning and defining the abs and strengthen the back. Improve your core strength, flexibility and posture. Level 1-3

Functional Fitness: The perfect combination of functional movements with suspension training and strength training that will sculpt muscles and burn body fat. Levels 1-3

Bosu Circuit: This is a circuit training class utilizing a Bosu ball, in combination with various equipment.

Level 1-3.

Kettlebell Combo: This class will give fast results for strength, endurance and muscle toning by challenging both the muscular and cardiovascular systems with dynamic, total body movements. Kettlebell training will build long lean muscles, improve strength and power in the upper body, core and lower body and increase coordination, joint mobility and overall endurance. Level 1-3

Tabata Strength: This workout is a form of high intensity interval training (HIIT) designed to get your heart rate up into the anaerobic zone for short periods of time. Each Tabata set includes 20 seconds

of strength training followed by 10 seconds of rest, repeated for a total of 4 minutes. Weights may also be used. Level 2-3

Muscle Blast: Blast each major muscle group with this full body burning workout. This strength based class will include bodyweight, weighted and resistance training exercise. Level 1-3

DANCE

CardioFunk: A dance based fitness class that provides high energy cardio interval movements to fun and energetic music. Level 1-3

Hip Hop Step: A fun, energizing step workout featuring all your favorite Hip Hop and Pop songs. Hip Hop Step conditions muscles of the lower body and increases cardiovascular fitness and coordination. This class will make you want to get up and move! Level 1-3

Zumba®: Is a fusion of Latin, international and popular music/dance themes creating a dynamic, exciting and effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps. Level 1-3

Strong by Zumba®: Combines body weight, muscle conditioning, cardio and plyometric training moves, synched to original music that has been specifically designed to match every single move. Level 1-3

Tone & Stretch: This low impact class will use light weights to sculpt muscles. The use of stretching techniques will help elongate muscles and increase flexibility. Levels 1-3

CYCLE

Cycle: Come ready for a fun and intense workout. This class welcomes all fitness levels! This class can be modified for beginners and intensified for intermediate to advanced participants. It is your ride! Make the most of it! Level 1-3

Cycle Cross Training: Strength conditioning followed by cycling. Each class combines various cycling drills that offer an exhilarating cardiovascular workout and strength conditioning that provides challenging and dynamic whole body muscle conditioning using body weight, dumbbells, exercise balls & body bars as resistance tools. Class could be held in one or more rooms. Level 1-3

Cycle Strength: Start off this class on the spin bike and then be ready for anything in this fast paced and challenging class! This power packed workout may incorporate circuit training, Tabata drills, and HIIT (high intensity interval training) intervals. Use of resistance bands for strength training. Level 1-3