



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

## **WELCOME TO CHARLOTTE AVENUE!**

**September Charlotte Avenue**

*Stay committed, happy and healthy*

*New Classes:*

*Monday 10:35-11:35 AM Hatha Yoga with Beth*

*Wednesday 7:00-8:00 AM Yoga with Ronnee*

*Ephesians 6:10*

*"Finally, be strong in the Lord and in the strength of his might"*

### **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)

# September 2019 AEROBICS SCHEDULE -CHARLOTTE AVE BRANCH YMCA



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>5:45-6:30 AM Athletic Conditioning Mia L 2-3</p> <p>8:30-9:15 AM Insanity Janice L 2-3</p> <p>9:30-10:30 AM Muscle Blast Mickey L 1-3</p> <p><b>New Class!!</b> 10:35-11:35 AM Hatha Yoga Beth L 1-3</p> <p>12:15-1:00 PM Cycle Trish L 1-3</p> <p>12:15-1:00 PM Health Fitness for Seniors Laura L 1-2</p> <p>6:00-7:00 PM Zumba Nadja L 1-3 New Gym</p> <p>6:30-7:15 PM HIIT Bobbi Jo L 2-3</p>	<p>8:30-9:15 AM Custom Cuts JoD/Danne L 1-3</p> <p>9:25-10:25 AM Fit Over 50 Sylvia L 1-2</p> <p>10:35-11:35 AM Mixed Levels Yoga Pam/Beth L 1-3</p> <p>12:15-1:15 PM Health and Fitness for Seniors Colleen L 1-2</p> <p>1:30-2:20 PM SilverSneakers Yoga Colleen L1-2</p> <p>5:15-6:00 PM Cycle Leah L 1-3</p> <p>7:00-8:00PM Yoga Becca L 1-3</p>	<p><b>New Class!!</b> 7:00-8:00 AM Yoga Ronnee L 1-3</p> <p>8:30-9:15 AM Kettlebell Combo Alicia L 2-3</p> <p>9:30-10:25 AM Muscle Blast Mickey L1-3</p> <p>10:35-11:35 AM Hatha Yoga Beth L 1-3</p> <p>10:00-10:45 AM Cycle Jennifer/Mady L 1-3</p> <p>12:15-1:00 PM Cycle Trish L 1-3</p> <p>12:15-1:00 PM Health Fitness for Seniors Laura L 1-2</p> <p>1:30-2:15 PM SilverSneakers Classic Jason L 1-2</p> <p>4:30-5:25 PM Custom Cuts Nancy L 1-3</p> <p>5:30-6:25 PM Athletic Conditioning Mia L 2-3</p>	<p>8:30-9:20 AM HIIT/HIRT Yoga Alicia L 2-3</p> <p>9:30-10:25 AM Fit Over 50 Sylvia L 1-2</p> <p>10:35-11:35 Hip Hop Step Stephanie L1-3</p> <p>12:15-1:15 PM Health Fitness for Seniors Colleen L 1-2</p> <p>1:30-2:20 PM SilverSneakers Yoga Colleen L1-2</p> <p>6:00-7:00 Cycle Quina L 1-3</p> <p>6:30-7:30 PM 1st and 3rd Mixxed Fit w/ Kameta</p>	<p>5:45-6:30 AM Athletic Conditioning Mia L 2-3</p> <p>8:30-9:30 AM Ultimate Frisbee Free Play L 1-3 New Gym</p> <p>8:30-9:20 AM Athletic Conditioning Joni L 2-3 *4th Friday on walking track</p> <p>9:30-10:30 AM Cardio Funk Beth L 1-3</p> <p>10:35-11:35 AM Deep Stretch Beth L 1-2</p>	<p>8:30-9:25 AM Muscle Blast Nancy L 1-3</p> <p>9:30-10:25 AM Custom Cuts Danne L 1-3</p> <p>10:30-12:00 PM Flow and Restore Instructors Rotate L 1-2 7th Beth 14th Jessi 21st Jessi 28th Jessi</p>	<p>2:00-3:00 PM Yoga *Instructors Rotate L 1-2 1st Caroline 8<sup>th</sup> Ronnee 15<sup>th</sup> Pam 22<sup>nd</sup> Caroline 29<sup>th</sup> Becca</p> <p>4:30-5:30 PM ZUMBA Aerobics Room Instructors Rotate: 1st Marcy 8th Nadja 15th Liz 22nd Tressa 29th Hip Hop Step with Steph</p>
<p>Kid Fit Classes: Ages 5-12</p> <p>Monday and Thursday 5:30-6:15 PM Jennifer/Rachel</p>						