



**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)



# INDOOR WATER AEROBICS SCHEDULE SEPTEMBER 2019

## CHARLOTTE AVE BRANCH YMCA

TIME	Monday	Tuesday	Wednesda y	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)

**Schedules revised 4/29/19 RT- Subject to change**