



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CSD COMMUNITY YMCA GROUP EXERCISE ROOM SCHEDULE -OCTOBER

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|--|--|---|
| <p>Athletic Conditioning 8:05-8:55 Tracy L.</p> <p>Zumba 9:00-9:55 Dominique/Marcy L.</p> <p>TRX Conditioning (F.T. Room) 9:30-9:55 Tracy L.</p> <p>Zumba Step 10:00-10:55 Marcy L.</p> <p>Functional Fitness (F.T. Room) 11:00-12:00 Jody D.</p> <p>SilverSneakers Classic 11:05-11:55 am Laura K.</p> <p>Step n' Sculpt 12:00-12:55 Laura K.</p> <p>Athletic Conditioning 4:30-5:15 pm Desiree D.</p> <p>Custom Cuts 5:30-6:25 pm Desiree D.</p> <p>Athletic Conditioning 6:30-7:25 pm Suzy M.</p> | <p>Functional Fitness (F.T. Room) 5:15-6:00 Slade S.</p> <p>Athletic Conditioning 8:05-8:55 Slade S.</p> <p>**Run Club 8:30-9:30 Carmen A.</p> <p>Boot Camp 9:00-9:25 Susan P.</p> <p>Wee Fit (Gym) 9:30-10:00 Slade S.</p> <p>Kid Fit (Gym) 10:00-11:15 Slade S. See Notes Area</p> <p>CardioFunk 9:30-10:25 Sheri S.</p> <p>Tone & Stretch Starts 9/10 10:30-11:30 Tracy</p> <p>Functional Fitness (F.T. Room) 11:00-12:00 Jody D.</p> <p>Dance2Fit 5:30-6:25 pm Marcy L.</p> <p>Athletic Conditioning 7:00-7:45 pm Suzy M.</p> | <p>Athletic Conditioning 8:05-8:55 Tammi S.</p> <p>Barbell Blast 9:00-9:55 Malea H.</p> <p>Barbell Blast 10:00-10:55 Malea H.</p> <p>Functional Fitness (F.T. Room) 11:00-12:00 Susan P.</p> <p>SilverSneakers Classic 11:05-11:55 am Laura</p> <p>Step n' Sculpt 12:00-12:55 Laura K.</p> <p>HIRT 4:30-5:15 pm Desiree D.</p> <p>Step n Sculpt 5:30-6:25 pm Desiree D.</p> <p>Athletic Conditioning 7:00-7:45 pm Suzy M.</p> | <p>Functional Fitness (F.T. Room) 5:15-6:00 Carmen A.</p> <p>Athletic Conditioning 8:05-8:55 Sheri S.</p> <p>**Run Club 8:30-9:30 Carmen A.</p> <p>Boot Camp 9:00-9:25 Susan P.</p> <p>Zumba 9:30-10:25 Malea H.</p> <p>Tone & Stretch 10:30-10:55 Malea H.</p> <p>Zumba Gold & Zumba Gold Toning 11:00-12:00 Malea H.</p> <p>Functional Fitness (F.T. Room) 11:00-12:00 Sheri S.</p> <p>Dance2Fit 4:30-5:30 pm Marcy L.</p> <p>Zumba 6:00-6:55 pm Dominique R.</p> | <p>Custom Cuts 8:05-8:55 am Jody D.</p> <p>Functional Fitness (F.T. Room) 8:05-8:55 Haley W.</p> <p>Athletic Conditioning 9:00 – 9:55 Haley W.</p> <p>Zumba 10:00-10:55 Marcy L.</p> <p>SilverSneakers Circuit 11:05-11:55 Laura K.</p> | <p>**Run Club 8:00-9:00 w/ Carmen A.</p> <p>Zumba*** 8:30-9:25</p> <p>Athletic Conditioning 9:30-10:30 Desiree D.</p> <p>Step n' Sculpt 1:30-2:30 pm Desiree D.</p> <p>Athletic Conditioning 2:45-3:30 pm Suzy M.</p> | <p>Notes:</p> <p>**Run Club will meet Tuesdays and Saturdays on the indoor CSD Community YMCA track and Thursdays at the Oakridge Middle School outdoor track.</p> <p>***Saturday Zumba Rotation</p> <p>Week 1-JoBeth H. Week 2-Mendy M. Week 3-Dominique R. Week 4- Jaime H.</p> <p>In the Gym 9:30-10:00 Wee Fit (3-5 years) 10:00-11:15 Kid Fit (6-10 years)</p> |

Hours of Operation:

Monday - Friday – 5:00am - 9:30pm
Saturday – 8:00am – 6:00pm

Sunday-1:00 pm- 6:00 pm

Child Watch Hours

Monday-Friday – 8:00am-Noon, 4pm-8pm
Saturday- 8:00 am-Noon

UPPER PALMETTO YMCA – Clover School District Community YMCA – 5485 Charlotte Hwy – Clover, SC 29710-803-831-9622

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CSD COMMUNITY YMCA CYCLE ROOM SCHEDULE –OCTOBER

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|--|--|--|---|
| Cycle 5:15-6:00 am Leah K. Cycle/Ab Lab 8:05-8:55 Kathy M. Cycle TRX Conditioning 9:00-9:55 Tracy L. Cycle Strength 10:00-10:45 Lindsay S. Cycle Strength 6:00-6:45 pm Kathy M. | Theme Ride 8:30-9:00 Susan P. Cycle Strength 9:15-10:00 Lindsay S. Cycle/Ab Lab 10:30-11:15 Cathy B. Cycle 4:30-5:15 Laura K. Cycle 6:00-6:45 pm Suzy M. | Cycle 5:15-6:00 am Leah K. Cycle TRX 8:05-8:55 Kathy M. Cycle 9:00-9:45 Lindsay S. Cycle 6:00-6:45 pm Suzy M. | Theme Ride 8:30-9:00 Susan P. Cycle 9:30-10:15 Laura K. Cycle/Ab Lab 10:30-11:15 Jody D. Cycle Strength 1:15 pm-2:00 pm Lindsay S. Cycle 4:30-5:15 Laura K. Cycle 6:00-6:45 pm Desiree D. | Cycle/Ab Lab 8:05-8:55 Kathy M. Cycle Strength 9:00-9:45 Lindsay S. | *Cycle 8:15-9:15 *Saturday Cycle Rotation: Week 1: Andrea G. Week 2: Kathy M. Week 3: Leah K. Week 4: Julie B. | Cycle 1:30-2:15 pm Suzy M. |

Hours of Operation:

Monday - Friday – 5:00am - 9:30pm
Saturday – 8:00am – 6:00pm
Sunday – 1:00 pm – 6:00pm

Child Watch Hours

Monday-Friday – 8:00am-Noon, 4pm-8pm
Saturday- 8:00 am-Noon



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CSD COMMUNITY YMCA YOGA ROOM SCHEDULE – OCTOBER

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|---|--|
| Pilates Conditioning 8:05-8:55 Andrea G. Power Yoga 9:00-10:15 Sandra M. Restorative Stretch** 10:00-10:45 Tracy L. Christian Yoga 10:20-11:35 Callie D. Deep Stretch 5:15-5:55 pm Styve S. Pilates 6:00-6:55 pm Birgitt Z. | Athletic Barre 8:30-9:25 Dominique R. Gentle Yoga 9:30-10:45 Sandra M. Restorative Stretch** 10:00-10:45 Jody D. Fusion Fit 10:50-11:40 Sheri S. Back Stability 11:45-12:30 Sheri S. Power Yoga 4:45-5:45 pm Lisa L. Fusion Fit 6:00-6:55 pm Kelly W. | Gentle Yoga 8:05-8:55 Callie D. Power Yoga 9:00-10:15 Sandra M. Restorative Stretch** 10:00-10:45 Lea B. Tai Chi 10:30-11:30 Lisa L. Back Stability 11:30-12:25 Birgitt Z. Athletic Barre 6:00-6:55 pm Dominique R. | Barre 7:45-8:25 Andrea G. Athletic Barre 8:30-9:25 Andrea G. Yoga 9:30-10:45 Sandra M. Restorative Stretch** 10:00-10:45 Sheri S. Yin Yoga 11:00-12:00 Lisa L. Power Yoga 4:45-5:45 pm Callie D. Back Stability 6:00-6:55 pm Birgitt Z. Christian Yoga 7:00-8:15 pm Callie D. | Yoga 8:05-8:55 Andrea G. Barre 9:00-9:55 Jillian W. Pilates Conditioning 10:00 -10:55 Lea B. Restorative Stretch** 10:00-10:45 Andrea G. Christian Yoga 11:00-12:00 Callie D. | *Barre 9:30-10:25 Yoga 10:45-12:00 Lisa L. | Power Yoga 1:30 pm-2:45 pm Carolyn N. |
| | | | | | Notes: ** Restorative Stretch will be held in the upstairs classroom *Saturday Barre Conditioning Rotation: Week 1: Andrea G. Week 2: Cathy B. Week 3: Cathy B. Week 4: Jillian W. | |

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Saturday – 8:00am – 6:00pm
Sunday – 1:00 pm – 6:00pm

Child Watch Hours
Monday-Friday – 8:00am-Noon, 4pm-8pm
Saturday- 8:00 am-Noon

CSD COMMUNITY YMCA GROUP AQUATICS SCHEDULE - OCTOBER

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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|--|--|---|--|--|--|
| <p>Aqua Conditioning 8:05-8:55 Lindsay S.</p> <p>Water Wellness 11:00-11:50 Niki B.</p> <p>SilverSneakers Splash 12:00-12:45 Birgitt Z.</p> | <p>Water Wellness 8:05-8:55 Pat C.</p> <p>Aqua Dance 7:15-8:00 pm Sarah G.</p> | <p>Aqua Conditioning 8:05-8:55 Lindsay S.</p> <p>Water Wellness 11:00-11:50 Niki B.</p> | <p>Water Wellness 11:00-11:50 Niki B.</p> | <p>Aqua Conditioning 8:05-8:55 Lindsay S.</p> <p>Deep Water Fitness 9:30-10:20 Deb G.</p> <p>Water Wellness 11:00-11:50 Niki B.</p> | <p>Aqua Body Blast 8:05-8:50 Sarah G.</p> <p>Aqua Dance 9:00-9:45 Sarah G.</p> <p>Please Note: See below schedule for Clover High School Swim Meets and CSD Fourth Grade Swim Lessons</p> |
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Hours of Operation:

Monday - Friday – 5:00am - 9:30pm
Saturday – 8:00am – 6:00pm
Sunday – 1:00 pm – 6:00pm

Child Watch Hours

Monday-Friday – 8:00am-Noon, 4pm-8pm
Saturday- 8:00 am-Noon

CSD FOURTH GRADE SWIM LESSONS

There will be weeks where both pools at the CSD Community YMCA will be closed from 9:15am – 11:00am and occasionally 12:15pm – 1:00pm for the CSD Fourth Grade Kicking with Confidence Learn-to-Swim program. Members and staff will be notified monthly of each closure. The Rock Hill Aquatics Center YMCA's pools are open for members during these closures. Thank you for your support in this great program!

- Tuesday, October 22 – Friday, October 25 – Bethal – 9:30am-11:00am
- Monday, November 11 – Thursday, November 14 – Bethany – 9:30am-11:00am
- Monday, December 9 – Thursday, December 12 – Larne – 9:30am-11:00am
- Monday, January 13 – Thursday, January 16 – Kinard – 9:30am-11:00am
- Tuesday, February 18 – Friday, February 21 – Oakridge – 9:30am-11:00am AND 12:15-1:00pm
- Monday, March 2 – Thursday, March 5 – Crowders Creek – 9:30am-11:00am AND 12:15-1:00pm

MIND | BODY | SOUL

Athletic Barre: No tutu needed! 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

Back Stability: A class designed to focus on stabilizing and strengthening the back, abdominal muscles, pelvis and hips (“core muscles”). It will strengthen the spine through functional training. Levels 1-3

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

Christian Yoga: A class that offers a Christian yoga practice to connect to God through his word, worship and wellness. Set to Christian music, the practice includes scripture, meditation from the Bible and leader led

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prayer. The class emphasizes traditional yoga alignment for strength and flexibility; breath for relaxation and healing; and meditation for a Christ-honoring experience to connect to God through his word. Level 1-3

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

Fusion Fit: Pilates/Barre/Yoga all in one fabulous class. You will tone with weights and burn calories through barre. Sculpt & strengthen your core with Pilates. Finally, enjoy relaxing stretches to improve flexibility & relieve stress. Levels 1-3

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

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. During this class, you will strengthen your core, improve 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

Restorative Stretch: Helps provide that physical and mental balance to prevent stress and anxiety, through the use of props that allow you to hold poses longer, giving you all the benefits of deep, passive stretching. 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

Yin Yoga: goes beyond stretching the superficial tissues of your muscles and skin. It involves longer passive holds that get deeper into the connective tissues and the joints and aids in releasing and relaxing them. Poses are held 2-5 minutes to achieve desired results. Level 1-3

Yoga: This class is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. As a participant you will gain strength, flexibility, balance, and toning by using yoga poses to target all muscle groups and joints. Levels 1-3

STRENGTH

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

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

Barbell Blast: Resistance training using barbells combined with a few blasts of cardio. Enjoy a full-body workout that isolates each muscle group to the beat of the music. Level 1-3

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



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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

HIRT: 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

Run Club: This class is led by a certified running coach. The running club meets weekly for a run outside or if inclement weather, on the indoor track. We provide a pacer so no one is left behind. All runners of all ages and abilities are welcome! The running club will be a great way to meet people, share fellowship and spend time outside to reach your fitness goals. Levels 1-3

Step n' Sculpt: Heart-pumping step aerobics routines combined with strength training intervals to give you a complete cardio and weights workout. This is an excellent cross-training class for all skill and fitness levels. Level 1-3

TRX Conditioning: Uses the TRX suspension training system to work every muscle in the body using your own body weight. This class will also utilize equipment to optimize your calorie burn. Levels 2-3

DANCE

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

Dance2Fit®: This dance-based cardio class is designed to get you moving to today's music. In this class you will sweat out your stress with fun, easy hip hop moves and use core fitness moves to strengthen, tone and sculpt your body- all while having lots of fun! No dance experience necessary! Levels 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

Zumba Gold®: An innovative, fun, and exciting program. Zumba Gold was designed for the active older adult, the true beginner, and/or people who may be limited physically. Level 1

Zumba Gold Toning®: Combines targeted body sculpting exercises and high energy cardio work with Latin infused Zumba moves to create a calorie torching, strength training dance. Level 1-3

Zumba Step®: Tone and strengthen legs and glutes with a gravity-defying blend of Zumba routines and step aerobics. Get maximum lower body results without losing the fitness-party fun! Levels 1-3

ACTIVE OLDER ADULTS

SilverSneakers Classic®: Have fun and move to the music through a variety of exercises designed to increase your muscular strength, balance, range of motion, and improve your daily activity. Hand weights, bands, balls, and a chair are used for seated and standing support choreography. A chair is offered for support, stretching and relaxation exercises. 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 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

Cycle TRX: Start this workout on the bike and then get ready for TRX conditioning. The TRX suspension training system is a cardio-intensive workout that incorporates plyometric drills with intervals of TRX power, resistance and core training. A great way to build muscles and burn calories. Level 1-3



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Theme Ride: Join the PARTY with changing theme rides that keep you guessing! This high energy, fun class utilizes heart-pumping music to motivate and inspire riders. Level 1-3

YOUTH FITNESS

Kid Fit (6-10): This program is designed to keep kids ages 6-10 moving with calisthenics, fitness games and body weight exercises for a fun, yet challenging class.

Wee Fit (3-5): A fitness class for children ages 3-5 years old. This class utilizes their gross motor skills and burns off some energy!

WATER AEROBICS

Aqua Body Blast: An energetic aqua workout designed to challenge and condition the entire body. Strengthen muscles and core. Level 1-3

Aqua Conditioning: This aqua class will incorporate high level cardio with strength training. Constant movement in the water will burn calories and shape the body. Working against the drag of the water and using various aquatic equipment will help improve strength, definition and endurance. Level 1-3

Aqua Dance: This water class is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. There is minimal impact on your joints so you can really let loose. This pool party you don't want to miss. Level 1-3

Deep Water Fitness: Enjoy this mid to upper level fitness class in the "deep" pool. Participants will wear Aquabelts and will be challenged with exercises that will help increase flexibility and balance while challenging their core. Participants will learn to increase their intensity to get the most of their workout while not touching the pool floor. Level 2-3

SilverSneakers Splash: Enjoy this fun, shallow-water exercise class that uses signature splashboard to increase movement and intensity options. The pool provides many benefits when used for aerobic exercise and resistance training. Safe for non-swimmers Level 1-3

Water Wellness:

Become acquainted with water walking and exercising in our warm water pool. Reduced stress on joints will allow you to tone and strengthen while increasing your range of motion. We will focus on movements to improve coordination and balance. Levels 1-3