



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

WELCOME TO CHARLOTTE AVENUE!

October Charlotte Avenue

Stay committed, happy and healthy

Zumbathon October 19th 10am-12pm in the new gym. All proceeds benefit the annual campaign. \$5 members \$7 non members

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
Nadja Canty
nadjacanty@upymca.org

For Classes and Cancellations
please go online to:
www.upymca.org/schedules/
or visit us online at:
www.facebook.com/upymca



October 2019 AEROBICS SCHEDULE -CHARLOTTE AVE BRANCH YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:30 AM Athletic Conditioning Mia L 2-3	8:30-9:15 AM Custom Cuts JoD/Danne L 1-3	7:00-8:00 AM Yoga Ronnee L 1-3 8:30-9:15 AM Kettlebell Combo Alicia L 2-3	8:30-9:20 AM HIIT/HIRT Alicia L 2-3	5:45-6:30 AM Athletic Conditioning Mia L 2-3	8:30-9:25 AM Muscle Blast Nancy L 1-3	2:00-3:00 PM Yoga *Instructors Rotate L 1-2 6 th Becca 13 th TBD 20 th Caroline 27 th Pam
8:30-9:15 AM Insanity Janice L 2-3 9:30-10:30 AM Muscle Blast Mickey L 1-3	9:25-10:25 AM Fit Over 50 Sylvia L1-2	9:30-10:25 AM Muscle Blast Mickey L1-3	9:30-10:25 AM Fit Over 50 60+ Sylvia L 1-2	8:30-9:30 AM Ultimate Frisbee Free Play L 1-3 New Gym	9:30-10:25 AM Custom Cuts Danne L 1-3	4:30-5:30 PM ZUMBA Aerobics Room Instructors Rotate: 6 th Marcy 13 th Nadja 20 th Liz 27 th Tressa
10:35-11:35 AM Hatha Yoga Beth L 1-3	10:35-11:35 AM Mixed Levels Yoga Pam/Beth L 1-3	10:35-11:35 AM Hatha Yoga Beth L1-3	10:35-11:35 Hip Hop Step Stephanie L1-3	8:30-9:20 AM Athletic Conditioning Joni L 2-3 *4 th Friday on walking track		
12:15-1:00 PM Health Fitness for Seniors Laura L 1-2	12:15-1:15 PM Health Fitness for Seniors Colleen L1-2	12:15-1:00 PM Health Fitness for Seniors Laura L 1-2	12:15-1:15 PM Health Fitness for Seniors Colleen L 1-2	9:30-10:30 AM Cardio Funk Beth L 1-3		
1:30-2:15 PM SilverSneakers Classic Jason	1:30-2:20 PM SilverSneakers Yoga Colleen L1-2	1:30-2:15 PM SilverSneakers Classic Jason	1:30-2:20 PM SilverSneakers Yoga Colleen L1-2	10:35-11:35 AM Deep Stretch Beth L 1-2		
4:30-5:25 PM Custom Cuts Nancy L 1-3	7:00-8:00PM Yoga Becca L 1-3	4:30-5:25 PM Custom Cuts Nancy L 1-3	6:30-7:30 PM 1st and 3rd Mixxed Fit w/ Kameta			
6:00-7:00 PM Zumba New Gym Nadja L 1-3		5:30-6:25 PM Athletic Conditioning Mia L 2-3				
6:30-7:15 PM HIIT Bobbie Jo L 2-3						



INDOOR WATER AEROBICS SCHEDULE OCTOBER 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 or
www.facebook.com/upymca for the latest information.

Schedules revised 9/30/19 BT- Subject to change