



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

Group Fitness Schedule

WELCOME TO THE RIVERWALK

October- 2019- Group Exercise Classes at Riverwalk.

Please check the "New" **October Schedules** for Group Exercise Classes.

In a hurry, or Super busy? Try Wellbeats! Our front desk staff can help you get started.

October 2019

"NEW" Group Exercise Classes for September: Mark your schedules!

Mondays: Tai-Chi, 11am-12:00pm, Cardio Funk, 7:00-8:00pm

Wednesdays: Power Yoga, 12:00pm-1:00pm

Thursdays: Tai-Chi, 11am-12:00pm, Barre, 4:30-5:30pm

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,
Personal Trainer 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 TBA L1-3</p> <p>"New" Class Cardio Funk 7:00-8:00pm Lisa Hillegass 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>Deep Stretch 6:00-7:00pm Betsey Willimams L1-3 *Group</p> <p>POUND 6:15-6:45pm Pam Petrucci All levels *Yoga/Barre Studio</p>	<p>"New" Class 5:30-6:15am Sculpt & Step Shelley Shope L1-3</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>HIIT/HIRT 5:30-6:00pm Debbie M. Rast L1-3</p> <p>Tabata Strength 6:10-6:45pm Megan, 1-3rd. Weds. Pam P, 4 th Wed. 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>Deep Stretch 6:00-7:00pm Betsey Willimams L1-3 *Group</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 Angie R 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>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>We reserve the right to use our group fitness rooms at the Rivewalk Y for our Personal Training Clients.</p> <p style="text-align: right;">9/26/2019</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 Stephanie M 6th&20th.</p>

Riverwalk Group Cycle Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>Cycle 5:45am-6:30am Quiana L1-3</p>				<p>Cycle 9:15am-10:00am</p> <p>Tonya Peck 5th. Kristi Kraft 12th. Jill Theiman 19th. Krysti Blocker 26th. 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 Katie,1st.15th&29th Rainy,8th.&22nd. 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 Tonya Peck L1-3</p>			
					DMRast-Subject to change 9/26/2019	
					* location	

Riverwalk Yoga, Barre, & Stretch Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>"New" Mixed Levels Yoga 9:00-10:00am Beth Trotter L1-3</p> <p>Athletic Barre 9:30-10:30am Beth Evansek L1-3* Group Studio</p> <p>Gentle 10:45-11:45am Ann Correll L1-3</p> <p>"New Time" Tai-Chi 11:00am-12:00pm Lisa Perrot L1-3 *Group</p> <p>Mixed Level Yoga "New" Instructor Sean Morris 6:00-7:00pm L1-3</p>	<p>Alignment Based Yoga 9:30am-10:30am Betsy Williams L1-2</p> <p>Mixed Levels Yoga 10:45-11:55am Jessi Collette L1-3</p> <p>Deep Stretch 6:00-7:00pm Betsey Willimams L1-3 *Group</p>	<p>Barre 9:15-9:55am Juliana Zimmerman L1-3</p> <p>Pilates 10:00-11:00am Diane McNeely Mat Based L1-3</p> <p>"New" Class Power Yoga 12:00pm-1:00pm Brian Phillips L2-3</p>	<p>Yo~Chi 9:00am-10:00am Colleen Brannon L1-3</p> <p>Pilates 10:15am-11:15am w Colleen B L1-3</p> <p>"New " Class Tai-Chi 11:00am-12:00pm Lisa Perrot L1-3 *Group</p> <p>"New" Class Barre 4:30-5:30pm Ronne G Ramon L1-3</p> <p>Deep Stretch 6:00-7:00pm Betsey Willimams L1-3 *Group</p>	<p>Barre 8:15am-9:15am Melissa L1-3</p> <p>Mixed Levels Yoga 9:30am-10:45am Terri Ober L1-3</p>	<p>Power Yoga 9:30am-10:45am Matt L2-3</p> <p>We reserve the right to use our group fitness rooms at the Rivewalk Y for our Personal Training Clients.</p> <p>How to read the new schedule: Example: Zumba = Class 5-5:55pm = Time Jaime = Instructor L2-3 = Level Intermediate to Advanced F = Fitness Room</p> <p>Subject to change Revised 9/26/2019</p> <p>DMR</p>	<p>Slow Flow Yoga Meditation 4:00-5:00pm Melanie Deal L1-3</p> <p>* Room location</p>