



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Fitness Schedule

## Land/Water


### November 2017

MORNING CLASS SCHEDULE					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Core Strong w/ Bonnie 8:15am	Pound Pro® w/ Sara 9am	Chair Yoga w/ Leah 8am	SilverSneakers® Yoga Stretch w/ Vickie 8:15am	Gentle Yoga w/ Vickie 8:10am	Kettlebell or Core w/ Various 8:15am
SilverSneakers® Yoga Stretch w/ Vickie 8:15am	Group Cycling w/ Chris 9am	Core Strong w/ Bonnie 8:15am	Group Cycling w/ Chris 9am	Zumba® w/ Charlotte 9am	Group Cycling w/ Donna 9am
Group Cycling w/ Ed 9am	AquaDANCE w/ Susie 9am	Group Cycling w/ Ed 9am	Pound Pro® w/ Sara 9am	Group Cycling w/ Ed 9am	AquaZumba® w/ Chris 9am
Basic Step w/ Melody 9am	Pilates w/ Rebecca 10am	Zumba® Gold w/ Bonnie 9am	AquaDANCE w/ Susie 9am	Aquacize w/ Michal 9am	Deep Water Running w/ Stacy 9am
Aquacize w/ Michal 9am	Water Walk w/ Susie 10am	Muscle Pump w/ Jacqui 9am	Pilates w/ Rebecca 10am	XYZ w/ Barb 10am	Zumba® w/ Chris 10am
XYZ w/ Barb 10am	SilverSneakers® Classic w/ Judy 10:15am	Aquacize w/ Michal 9am	Water Walk w/ Susie 10am	Deep Water Toning w/ Michal 10am	
Simply Yoga w/ Jorga 10am	Jump Rope w/ Aaron 11am	XYZ w/ Barb 10am	SilverSneakers® Classic w/ Judy 10:15am	Gentle Splash w/ Kim 10am	
Deep Water Toning w/ Michal 10am	Chair Yoga w/ Leah 11:30am	Simply Yoga w/ Jorga 10am	Jump Rope w/ Aaron 11am	HIIT w/ Toni 10am	
Gentle Splash w/ Shelley 10am		Deep Water Toning w/ Michal 10am	<div style="display: flex; flex-direction: column; align-items: flex-start;"> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="border: 1px solid black; width: 30px; height: 30px; margin-right: 10px;"></div> <p>Group Fitness Room *XYZ is in Track Room</p> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="background-color: #e0e0e0; width: 30px; height: 30px; margin-right: 10px;"></div> <p>Multi-Purpose Room</p> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="background-color: #808080; width: 30px; height: 30px; margin-right: 10px;"></div> <p>Pool</p> </div> <div style="display: flex; align-items: center;"> <div style="background-color: #333; width: 30px; height: 30px; margin-right: 10px;"></div> <p>Group Cycling Room</p> </div> </div>		
		Gentle Splash w/ Kim 10am			
		AquaZumba® w/ Kirsten 11am			



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AFTERNOON/EVENING CLASS SCHEDULE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Gentle Splash w/ Kim 1pm	Cardio Muscle Pump w/ Lisa 5pm	Gentle Splash w/ Becke 1pm	Basic Step w/ Melody 5pm	Gentle Splash w/ Becke 1pm
Group Cycling w/ Jolene 5pm	Group Cycling w/ Crystal 5pm	Group Cycling w/ Jolene 5pm	HIIT w/ Chrissy 6pm	
Hardbodies w/ Angie 5pm	Tai Chi w/ Ron 6pm	Pound Pro® w/ Donna 5pm	Zumba® w/ Chris 7pm	
Core & More w/ Amanda 6pm	Fat Blast Cardio w/ Amanda 6pm	Zumba® w/ Chris 6pm		
H2cardiO w/ Cyndi 6:30pm	Gentle Yoga w/ Vickie 7pm	H2cardiO w/ Miriah 6:30pm		
30 Minute Body Blast w/Tim 7pm	H2cardiO w/ Ashley 7pm	30 Minute Body Blast w/Tim 7pm		

 Group Fitness Room  
 \*Tai Chi is in Adult Lounge

 Pool

 Group Cycling Room

**ALL GROUP  
 FITNESS CLASSES:  
 FREE FOR MEMBERS  
 \$8 EACH CLASS  
 PER NON-MEMBER**

**PLEASE BRING  
 WATER TO CLASS!!!**



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# Outreach Fitness Class Schedule

New Leaf Methodist Church 110 Gateway Ave, Conneaut				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tai Chi w/ Ron 10:30am		SilverSneakers® Circuit w/ Shannon 10am	Tai Chi w/ Ron 10:30am	SilverSneakers® Circuit w/ Shannon 10am
	SilverSneakers® Circuit w/ Denise 4pm		SilverSneakers® Circuit w/ Denise 4pm	

Andover United Methodist 181 S Main St, Andover				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SilverSneakers® Classic w/ Jodi 10am		SilverSneakers® Classic w/ Jodi 10am	
		Tai Chi w/ Nancy 1:30pm		

**ALL OUTREACH FITNESS CLASSES:**  
**FREE FOR YMCA MEMBERS/  
 SILVERSNEAKERS® PARTICIPANTS**  
**\$5 EACH CLASS PER NON-MEMBER**

**Aquacize:** A light cardio workout that is gentle on your joints. Increase strength and flexibility using a variety of water exercise equipment. Come join us for water volleyball the first Friday of each month!

**AquaDANCE:** A low impact light cardio workout in the shallow end of the pool. Get your heart rate up by dancing in the water to your favorite classic and contemporary hits.

**AquaZUMBA®:** This class fuses Latin rhythms and easy to follow dance moves to create a dynamic water workout that is FUN! This is a great workout to start your day.

**Basic Step:** An easy to follow step class with a lot of fun choreography. A great way to burn calories and tone your body. All fitness levels are welcome.

**Cardio Muscle Pump:** Challenge your cardio, your strength and your endurance. Paired with fun music, the hour goes by quickly.

**Cardio Sculpt:** A variety of aerobic and strength exercises such as cardio work on the step and the use of weights and/or bands for toning and conditioning.

**Core & More:** Strengthen, tighten and so much more! This is a leg, core and entire upper body workout.

**Core Strong:** Strengthen, tighten and shape your abs.

**Deep Water Running:** Try a fun workout with no-impact. This class will contain interval & resistance workouts. No need to be an expert swimmer, adult float belts will be provided.

**Deep Water Toning:** A no impact class that utilizes a variety of water exercise equipment and provides high resistance for the whole body. Deep water provides a resistance environment for strengthening major muscles, the core muscles of the abs and back, as well as the arms and legs.

**Fat Blast Cardio:** 35-40 minute series of cardio and strength bursts that challenge endurance, balance and strength aiming to decrease overall body fat.

**Gentle Splash:** This class offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning.

**Gentle Yoga:** This class will relax, unwind and release stress through yoga poses and stretches to soothing music. Calming and peacefulness will help ease your stress with meditation as well.

**Group Cycling:** Set to music, this workout takes you through an intense ride. Every fitness level is welcome!!

**H2cardiO:** This water fitness class will raise your heart rate with various exercises and games. It's like a party in the water!

**Hardbodies:** An adventurous fitness experience! May include cardio, strength training HIIT, plyometrics, core conditioning. For all levels of fitness.

**HIIT:** The most common excuse why people do not exercise is lack of time. HIIT (High Intensity Interval Training) is a method for which that excuse cannot be used. With only a few minutes per session, you can improve your fitness and also lose some pounds.

**Jump Rope:** Cardio workout using a jump rope.

**Kettlebell:** A great overall workout. Use kettle bells and bands to help focus on strength and flexibility as well as working on your cardiovascular.

**Muscle Pump:** Put a little muscle into your workout, and join us for a class designed to build muscle strength and endurance with low to medium weights and high repetitions.

**Pilates:** Learn and practice gentle yet challenging non-impact strength and toning exercises using strength training equipment on the floor and/or standing.

**Pound Pro®:** A pair of Ripstix, fun upbeat music, and great choreography make this work out one you won't want to miss out on!

**SilverSneakers® Yoga Stretch:** This class will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement, while also promoting stress reduction with restorative breathing exercises.

**SilverSneakers® Classic:** This is designed for our seniors to have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic bands with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SilverSneakers® Circuit:** A class consisting of standing low-impact choreography alternated with standing upper body work with hand-held weights, elastic tubing with handles and the SilverSneakers ball.

**Simply Yoga:** This yoga class has something for everyone. A variety of poses, both seated and standing, will improve flexibility, balance, and strength while easing stress and promoting relaxation.

**Tai Chi/Chi Kung/Tai Chi Ruler (Chinese Yoga):** These are mind/body exercises that integrate slow gentle movements, breathing and a variety of cognitive components such as focused attention and multi tasking.

**Water Walk:** This is a low-impact, light-intensity workout set to music, that uses the natural resistance of the water to strengthen core musculature, increase balance, coordination and flexibility by performing various types of walking forward, backward, and sideways through the water.

**XYZ 'Extra Years of Zest':** A class designed for active seniors to improve strength, cardio, and flexibility. All fitness levels may participate. Class contains no high impact moves.

**Zumba®:** An exhilarating, effective, easy to follow Latin inspired, calorie burning dance fitness party.

**Zumba® Gold:** Based on the same dance moves used in the original Zumba® class. The Gold class, however, is less intense, with dance routines designed for beginners and older adults using modified movements.