







FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Fitness Schedule

## Land/Water

### January 2019


MORNING CLASS SCHEDULE					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Group Cycling</b> w/ Abbie 5:15am	<b>Pound Pro®</b> w/ Sara 9am	<b>Group Cycling</b> w/ Abbie 5:15am	<b>SilverSneakers®</b> <b>Yoga Stretch</b> w/ Vickie 8:15am	<b>Gentle Yoga</b> w/ Vickie 8:10am	<b>30 Minute Body Blast</b> w/ Various 8:15am
<b>30 Minute Body Blast</b> w/ Bonnie 8:15am	<b>Group Cycling</b> w/ Shannon 9am	<b>Chair Yoga</b> w/ Leah 8am	<b>Group Cycling</b> w/ Toni 9am	<b>Basic Step</b> w/ Mindy 9am	<b>Group Cycling w/ Donna</b> 9am
<b>SilverSneakers®</b> <b>Yoga Stretch</b> w/ Vickie 8:15am	<b>AquaDANCE</b> w/ Susie 9am	<b>30 Minute Body Blast</b> w/ Toni 8:15am	<b>AquaDANCE</b> w/ Susie 9am	<b>Group Cycling</b> w/ Ed 9am	<b>AquaZumba®</b> w/ Michelle 9am
<b>Group Cycling</b> w/ Ed 9am	<b>Pilates</b> w/ Rebecca 10am	<b>Group Cycling</b> w/ Ed 9am	<b>Pilates</b> w/ Rebecca 10am	<b>Aquacize</b> w/ Michal 9am	<b>Basic Step</b> w/ Bonnie or Joy 9am
<b>Basic Step</b> w/ Bonnie 9am	<b>Water Walk</b> w/ Susie 10am	<b>Zumba® Gold</b> w/ Bonnie 9am	<b>Water Walk</b> w/ Susie 10am	<b>Tai Chi</b> w/ Ron 9am	<b>Zumba®</b> w/ Michelle 10am
<b>Aquacize</b> w/ Michal 9am	<b>SilverSneakers®</b> <b>Classic</b> w/ Judy 10:15am	<b>Muscle Pump</b> w/ Jacqui 9am	<b>SilverSneakers®</b> <b>Classic</b> w/ Judy 10:15am	<b>XYZ</b> w/ Barb 10am	
<b>XYZ</b> w/ Barb 10am		<b>Aquacize</b> w/ Michal 9am		<b>Deep Water Toning</b> w/ Michal 10am	
<b>Deep Water Toning</b> w/ Michal 10am		<b>XYZ</b> w/ Barb 10am		<b>Gentle Splash</b> w/ Kim 10am	<b>SUNDAY</b> <b>Group Cycling</b> w/ Ed 10:15am <b>SUNDAY</b>
<b>Gentle Splash</b> w/ Shelley 10am		<b>Gentle Yoga</b> w/ Leah 10am		<b>Stretch</b> w/ Bonnie 10am	
<b>Gentle Yoga</b> w/ Paula 10am		<b>Deep Water Toning</b> w/ Michal 10am			
<b>Line Dancing</b> w/ Eva 11am		<b>Gentle Splash</b> w/ Kim 10am			
		<b>AquaZumba®</b> w/ Kiersten 11am			

-  Group Fitness Room  
\*XYZ is in Track Room
-  Multi-Purpose Room
-  Pool
-  Group Cycling Room




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AFTERNOON/EVENING CLASS SCHEDULE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Gentle Splash w/ Kim 1pm	Basic Step w/ Joy 5pm	Gentle Splash w/ Mary 1pm	Basic Step w/ Joy 5pm	Gentle Splash w/ Becke 1pm
Group Cycling w/ Jenny 4:30pm	Tai Chi w/ Ron 6pm	Group Cycling w/ Jenny 4:30pm	Zumba® w/ Michelle 6pm	
Hardbodies w/ Angie 5pm	Gentle Yoga w/ Vickie 7pm	Pound Pro® w/ Donna 5pm	Gentle Yoga w/ Tia 7pm	
Core & More w/ Amanda 6pm	AquaZumba® w/ Michelle 7pm	Line Dancing w/ Eva 6pm		
H2cardiO w/ Ashley 6:30pm		H2cardiO w/ Miriah 6:30pm		
30 Minute Body Blast w/Tim 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!!!**



FOR YOUTH DEVELOPMENT®  
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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/ Denise 4pm	SilverSneakers® Circuit w/ Shannon 8:30am	Tai Chi w/ Ron 10:30am	SilverSneakers® Circuit w/ Shannon 8:30am
			SilverSneakers® Circuit w/ Denise 4pm	
Community Counseling Center 216 Main St Suite D, Conneaut				
	Tai Chi w/ Ron 4pm			

Andover United Methodist 181 S Main St, Andover				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zumba® w/ Michelle 9:15am	SilverSneakers® Classic w/ Kim 10am	SilverSneakers® Yoga Stretch w/ Nancy 10am	Zumba® w/ Michelle 9:15am	
SilverSneakers® Circuit w/ Jodi 5pm		Tai Chi w/ Nancy 1:30pm	SilverSneakers® Classic w/ Kim 10am	

**ALL OUTREACH FITNESS CLASSES:**

**FREE FOR YMCA MEMBERS/  
 SILVERSNEAKERS® PARTICIPANTS**

**\$5 EACH CLASS PER NON-MEMBER**

**30 Minute Body Blast:** This is a full body workout that involves a total body workout with resistance training to sculpt the arms, butt, and core. It is an intense workout to start your day out right and have you leave class feeling great!

**Aquacize:** A light cardio workout that is gentle on your joints. Increase strength and flexibility using a variety of water exercise equipment.

**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.

**CIZE® LIVE:** Professional dance for everyday people! Learn the hottest professionally choreographed dance routines, step-by-step. From your first class, you'll be bustin' out moves you can take anywhere! It's so fun, so exciting, you'll forget you're actually working out!

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

**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.

**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.

**Line Dancing:** Dance to your favorite country music you hear on the radio, with easy to learn steps to follow. All fitness levels are welcome.

**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/Chair Yoga:** 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.

**Stretch:** A series of sports inspired stretches to help your flexibility, range of motion, balance and posture. Most beneficial if your body is already warmed up. A great plan for the end of any workout!

**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.