




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY


Group Fitness Schedule

Land/Water

October 2019

MORNING CLASS SCHEDULE					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Cycling w/ Abbie 5:15am	Pound Pro® w/ Sara 9am	Group Cycling w/ Abbie 5:15am	SilverSneakers® Yoga Stretch w/ Vickie 8:15am	Gentle Yoga w/ Vickie 8:10am	30 Minute Body Blast w/ Various 8:15am
30 Minute Body Blast w/ Bonnie 8:15am	Group Cycling w/ Shannon 9am	30 Minute Body Blast w/ Toni 8:15am	Group Cycling w/ Toni 9am	Basic Step w/ Amy 9am	Group Cycling w/ Donna 9am
SilverSneakers® Yoga Stretch w/ Vickie 8:15am	AquaDANCE w/ Susie 9am	Group Cycling w/ Ed 9am	AquaDANCE w/ Susie 9am	Group Cycling w/ Ed 9am	AquaZumba® w/ Michelle 9am
Group Cycling w/ Ed 9am	Pilates w/ Rebecca 10am	Zumba® Gold w/ Bonnie 9am	Zumba® w/ Claudia 9am	Aquacize w/ Michal 9am	Basic Step w/ Joy or Bonnie 9am
Basic Step w/ Amy 9am	Water Walk w/ Susie 10am	Muscle Pump w/ Jacqui 9am	Pilates w/ Rebecca 10am	Tai Chi w/ Ron 9am	Zumba® w/ Michelle 10am (starts 10/12)
Aquacize w/ Michal 9am	SilverSneakers® Classic w/ Judy 10:15am	Aquacize w/ Michal 9am	Water Walk w/ Susie 10am	XYZ w/ Barb 10am	
XYZ w/ Barb 10am		XYZ w/ Barb 10am	SilverSneakers® Classic w/ Judy 10:15am	Deep Water Toning w/ Michal 10am	
Deep Water Toning w/ Michal 10am		Gentle Yoga w/ Leah 10am		Gentle Splash w/ Kim 10am	
Gentle Splash w/ Shelley 10am		Deep Water Toning w/ Michal 10am		Stretch w/ Sara 10am	
Pilates w/ Claudia 10am		Gentle Splash w/ Kim 10am			
Line Dancing w/ Eva 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
SilverSneakers® BOOM w/ Claudia 4pm	Tai Chi w/ Ron 6pm	SilverSneakers® BOOM w/ Claudia 4pm	Pilates w/ Rebecca 6pm	
Group Cycling w/ Jenny 4:30pm	Gentle Yoga w/ Vickie 7pm	Pound Pro® w/ Donna 5pm		
Hardbodies w/ Angie 5pm	AquaZumba® w/ Michelle 7pm	H2cardiO w/ Miriah 6:30pm		
H2cardiO w/ Ashley 6:30pm	Cardio Muscle Pump w/ Lisa 6pm	Cardio Kickboxing w/ Anthony 6pm		
30 Minute Body Blast w/ Tim 6pm				

-  Group Fitness Room
*Tai Chi is in Adult Lounge
-  Multi-Purpose Room
-  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® Yoga Stretch w/ Terri 5pm		SilverSneakers® Circuit w/ Denise 4pm	

Community Counseling Center 216 Main St Suite D, Conneaut

	Tai Chi w/ Ron 4pm			
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Andover United Methodist 181 S Main St, Andover

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SilverSneakers® Classic w/ Kim 10am	SilverSneakers® Yoga Stretch w/ Nancy 10am	SilverSneakers® Classic w/ Kim 10am	
SilverSneakers® Circuit w/ Jodi 5pm		Tai Chi w/ Nancy 11am		

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 Kickboxing: An invigorating cardiovascular workout involving kickboxing/kenpo movements! Warm up with some dynamic stretching coupled with isometric holds and get ready to throw some punches and kicks! This is a full body workout and will get you a solid core!

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

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.

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® BOOM: Do you like fast-paced challenging workouts that are done in 30 minutes? BOOM was developed by leading fitness experts to improve strength, flexibility and endurance in convenient 30-minute workouts. These classes will challenge you, but don't worry: One-handed pushups aren't required.

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.

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.

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.