

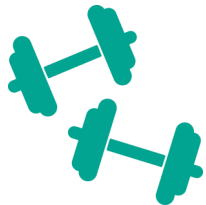


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Paul & Carol David YMCA

Group Exercise Class Schedule

Week of April 22nd



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|---|---|--|
| POWER HOUR 5:30-6:30 AM Sirpilla Gym <i>Elisa, John, Chuck</i> | GROUP CYCLING 5:40-6:25AM Kenan Studio <i>Jean</i> | POWER HOUR 5:30-6:30 AM Sirpilla Gym <i>Elisa, John, Chuck</i> | GROUP CYCLING 5:40-6:25AM Kenan Studio <i>Kelly A</i> | POWER HOUR 5:30-6:30 AM Sirpilla Gym <i>Elisa, John, Chuck</i> | GROUP CYCLING 8:30-9:15 AM Kenan Studio <i>Jessica</i> | ZUMBA 1:00-2:00 PM Kenan Studio <i>Maren</i> |
| YOGA 8:30-9:30 AM MPR <i>Brenda</i> | SILVER SNEAKERS 8:30-9:30 AM MPR <i>Cheryl</i> | LES MILLS CORE 6:30-7:00 AM Kenan Studio <i>Kelly A</i> | SILVER SNEAKERS 8:30-9:30 AM MPR <i>Cheryl</i> | STEP/STRENGTH 8:30-9:15AM Rabbitt Gym <i>Carly</i> | POWER YOGA 9:00-10:00 AM MPR <i>Brenda</i> | |
| STRENGTH 9:30-10:15 AM Rabbitt Gym <i>Katie</i> | LINE DANCING 8:30-9:15 AM Kenan Studio <i>Diana</i> | TOTAL BODY TONING 8:30-9:15AM Rabbitt Gym <i>Elisa K</i> | LINE DANCING 8:30-9:15 AM Kenan Studio <i>Diana</i> | POUND 9:30-10:15 AM Rabbitt Gym <i>Micki</i> | SATURDAY SWEAT 9:00-9:45 AM Rabbitt Gym <i>Rotation</i> | |
| CYCLE/STRENGTH 9:30-10:30 AM Kenan Studio <i>Kelly A</i> | DANCE FITNESS 9:30-10:15 AM Kenan Studio <i>Karissa</i> | YOGA 8:30-9:30 AM MPR <i>Brenda</i> | CARDIO X 9:30-10:15 AM Sirpilla Gym <i>Lyndsey/Kathrin</i> | EXPRESS CYCLING 9:15-9:50 AM Kenan Studio <i>Lyndsey</i> | ZUMBA 10:00-11:00 AM Kenan Studio <i>Maren</i> | |
| FOREVER FIT 10:00-10:45 AM Sirpilla Gym <i>Anna</i> | CARDIO X 9:30-10:15 AM Rabbitt Gym <i>Sara</i> | CYCLE/STRENGTH 9:30-10:30 AM Kenan Studio <i>Sara/Katie</i> | ZUMBA GOLD TONING 9:30-10:20 am Kenan Studio <i>Christine</i> | CIRCUIT TRAINING 9:30-10:30 AM Functional Fitness Room <i>Lindsey</i> | | |
| ZUMBA 11:00 AM-Noon Kenan Studio <i>Carrie</i> | FOREVER FIT INTERVALS 9:30-10:20 AM Sirpilla Gym <i>Christine</i> | *FOREVER FIT 10:00-10:45 AM Sirpilla Gym <i>Anna</i> | *FOREVER FIT CORE STRENGTH(1st & 3rd Thursday of each month) 9:30-10:20 AM Kenan Studio <i>Christine</i> | PILATES 10:00-10:45 AM Kenan Studio Dominique | | |
| SILVER SNEAKERS STABILITY/YOGA 11:00 AM-12:00 PM MPR <i>Christine</i> | ZUMBA GOLD 10:45-11:45 AM Kenan Studio <i>Carrie</i> | ZUMBA 11:00 AM-Noon Kenan Studio <i>Carrie</i> | YOGA 10:00-11:00 AM MPR <i>Bob</i> | SILVER FITNESS 10:30-11:30 AM MPR <i>Carly</i> | | |
| | LES MILLS BODYPUMP 10:45-11:30 AM Rabbitt Gym <i>Kristin</i> | CHAIR YOGA 11:00 AM-12:00 PM MPR <i>Christine</i> | FOREVER FIT INTERVALS 10:30-11:20 AM Kenan Studio <i>Christine</i> | TAI CHI 10:45-11:30 AM Rabbitt Gym <i>Jeff</i> | | |
| | FLOOR STRETCH 10:35-11:30 AM MPR <i>Christine</i> | *Last Wednesday of each month FOREVER FIT is LINE DANCING with Diana | | ZUMBA 11:00 AM-12:00 PM Kenan Studio <i>Maren</i> | | |
| AFTERNOON/EVENING | | | | | | |
| EXPRESS CORE 5:15-5:30 PM Rabbitt Gym <i>Kelly</i> | SILVER SNEAKERS E XPRESS 11:50 AM-12:30 PM MPR <i>Christine</i> | TOTAL BODY TONING 5:30-6:15 PM Rabbitt Gym <i>Tammie</i> | CORE/CYCLE 5:30-6:30 PM Kenan Studio <i>Tammie</i> | | | |
| LES MILLS BODYPUMP 5:30-6:15 PM Rabbitt Gym <i>Kelly A</i> | STRENGTH FLOW 5:30-6:15 PM MPR <i>Jessica</i> | GROUP CYCLING 6:15-7:00 PM Kenan Studio <i>Krista</i> | POUND 5:30-6:15 PM MPR <i>Angela</i> | | | |
| GROUP CYCLING 6:15-7:00 PM Kenan Studio <i>Sara</i> | CORE/CYCLE 5:30-6:30 PM Kenan Studio <i>Tammie</i> | YOGA 7:00-8:00 PM MPR <i>Sam</i> | BARRE TONING 6:30-7:15 PM MPR <i>Danijela</i> | | | |
| BARRE TONING 6:30-7:15 PM MPR <i>Allie</i> | CIRCUIT TRAINING 6:00-6:45 PM Functional Fitness Room <i>Rotation</i> | | | | *INDICATES NEW CLASS OR CHANGE | |
| | ZUMBA 6:35-7:35 PM Kenan Studio <i>Kelly D</i> | | | | | |

GROUP EX CLASS DESCRIPTION

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|--|---|
| Power Hour | Full body workout incorporating various formats of cardio and strength. |
| Cardio X | A higher intensity cardio/strength class using various props and rep schemes. |
| Cycle/Strength | Approximately a 40 minute cycling ride followed by an upper body and core strength workout. |
| Core/Cycle | Core training followed by group cycling. Attend all or part of this class! |
| Saturday Sweat | A different high intensity class each week guaranteed to make you sweat. Start your weekend off right! |
| Group Cycling/Express Cycling | A low-impact class focusing on cardio challenges, hill climbs, and varying speeds and resistance for all participant levels. |
| Les Mills CORE | A 30 minute workout designed to strengthen and tone your abs, hips, glutes, back and more. Can be modified for all levels. |
| Total Body Toning | Suitable for all levels, strength based class using a variety of props. You will work your body from head to toe. |
| Yoga/ *Power Yoga | Yoga/Power Yoga offers you a strong moving flow that cultivates balance, stability, flexibility and strength. Breath awareness and coordination are carried throughout the practice. *Power Yoga is a more moderate to intense class. |
| Step/Strength | A combo class of cardio and strength using the step, weights and other exercise props. |
| Strength | A 45 minute full body strength class designed to challenge you to lift heavier weights with proper form. A more advanced weight training class. |
| Zumba | "A party with exercise!" Mix of Latin, modern and international music. Cardio interval training format, combining various rhythms with movements that tone and sculpt the body. Zumba Step adds the strengthening of Step Aerobics to the fun-fitness party atmosphere of Zumba increasing cardio and calorie burn! |
| Pilates | A challenging and safe way to strengthen and lengthen your entire body while focusing on the core. Incorporates mind-body awareness and works within an individual's breathing tempo. All fitness levels |
| Les Mills BODYPUMP | A barbell based, high rep workout designed to burn calories and get you fitter, faster. |
| Dance Fitness | A wildly addictive cardio dance workout based on the hottest pop and hip hop music. |
| Line Dancing | Dance along to a repeating sequence of steps while arranged in one or more lines. |
| Barre Toning | A low impact body sculpting class focusing on muscle endurance. This class utilizes ballet fitness concepts for full body sculpting. |
| Circuit Training | Functional Fitness Room class using a variety of props and formats including TRX. Come ready to work! |
| Pound | A full body workout set to exhilarating music that combines cardio, conditioning and strength using lightly weighted drum sticks. Modifiable for all levels. |
| Strength Flow | You will sweat, stretch and strengthen during this up-tempo bodyweight Yoga/Pilates style class. This is an intense yet low impact workout that also works your core. |
| Forever Fit/Intervals | Low impact cardiovascular workout with muscle conditioning using a variety of props. Forever Fit Core Strength adds an additional balance component to the class. |
| Zumba Gold/Toning | Easy to follow, modified Zumba class focusing on balance, range of motion and coordination. Come ready to sweat and leave feeling empowered and strong. Also includes a few Zumba Toning songs. |
| Tai Chi | Helps you build core strength, stamina and balance. Moving meditation calms the mind as energy flows through the body. |
| Silver Sneakers/SS Stability Yoga combo | Variety of exercises designed to increase muscular strength, range of movement, and activities of daily living. Chair used for sitting and/or standing support. Check out our new combo class, SS Stability and Yoga. |
| Silver Fitness | Low impact cardio, toning and flexibility all in one class. (Chairs available if needed) |
| Chair Yoga | Move your body through a complete series of seated & standing yoga poses. The chair is offered to safely perform a variety of postures designed to increase flexibility, balance, & range of motion. |

CLASS INTENSITY KEY

HIGH INTENSITY

MODERATE INTENSITY

LOW INTENSITY



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