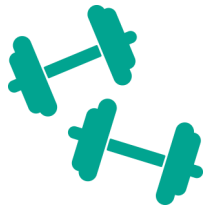




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Paul & Carol David YMCA Group Exercise Class Schedule

Week of April 29th



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

## GROUP EX CLASS DESCRIPTION

|  |   |
|--|---|
| <b>Power Hour</b>                              | Full body workout incorporating various formats of cardio and strength.   |
| <b>Cardio X</b>                                | A higher intensity cardio/strength class using various props and rep schemes.   |
| <b>Cycle/Strength</b>                          | Approximately a 40 minute cycling ride followed by an upper body and core strength workout.   |
| <b>Core/Cycle</b>                              | Core training followed by group cycling. Attend all or part of this class!  |
| <b>Saturday Sweat</b>                          | A different high intensity class each week guaranteed to make you sweat. Start your weekend off right!  |
| <b>Group Cycling/Express Cycling</b>           | A low-impact class focusing on cardio challenges, hill climbs, and varying speeds and resistance for all participant levels.  |
| <b>Les Mills CORE</b>                          | A 30 minute workout designed to strengthen and tone your abs, hips, glutes, back and more. Can be modified for all levels.  |
| <b>Total Body Toning</b>                       | Suitable for all levels, strength based class using a variety of props. You will work your body from head to toe.   |
| <b>Yoga/ *Power Yoga</b>                       | 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.   |
| <b>Step/Strength</b>                           | A combo class of cardio and strength using the step, weights and other exercise props.  |
| <b>Strength</b>                                | A 45 minute full body strength class designed to challenge you to lift heavier weights with proper form. A more advanced weight training class.   |
| <b>Zumba</b>                                   | "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! |
| <b>Pilates</b>                                 | 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  |
| <b>Les Mills BODYPUMP</b>                      | A barbell based, high rep workout designed to burn calories and get you fitter, faster.   |
| <b>Dance Fitness</b>                           | A wildly addictive cardio dance workout based on the hottest pop and hip hop music.   |
| <b>Line Dancing</b>                            | Dance along to a repeating sequence of steps while arranged in one or more lines.   |
| <b>Barre Toning</b>                            | A low impact body sculpting class focusing on muscle endurance. This class utilizes ballet fitness concepts for full body sculpting.  |
| <b>Circuit Training</b>                        | Functional Fitness Room class using a variety of props and formats including TRX. Come ready to work!   |
| <b>Pound</b>                                   | A full body workout set to exhilarating music that combines cardio, conditioning and strength using lightly weighted drum sticks. Modifiable for all levels.  |
| <b>Strength Flow</b>                           | 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.   |
| <b>Forever Fit/Intervals</b>                   | Low impact cardiovascular workout with muscle conditioning using a variety of props. Forever Fit Core Strength adds an additional balance component to the class.   |
| <b>Zumba Gold/Toning</b>                       | 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.   |
| <b>Tai Chi</b>                                 | Helps you build core strength, stamina and balance. Moving meditation calms the mind as energy flows through the body.  |
| <b>Silver Sneakers/SS Stability Yoga combo</b> | 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.   |
| <b>Silver Fitness</b>                          | Low impact cardio, toning and flexibility all in one class. (Chairs available if needed)  |
| <b>Chair Yoga</b>                              | 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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