

# FITNESS CLASSES

## Current Schedule

Starts 4/5/2021



### NORTH CANTON YMCA

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
5:30am Bootcamp (ES) Mikaela	5:30am Cycling (ES) Stacy	5:30am Bootcamp (ES) Stacy	9:15am Pilates (MPR) Heather	5:30am Bootcamp (ES) Mikaela
9:00am Yoga (MPR) Kelly	9:15am Yoga (ES) Marti	8:00am Strength & Tone (EG) Barb	10:00am Walking Intervals** Julie (Meets at the McKinley St entrance)	9:15am HIIT (EG) Hillary
9:00am Strength & Core (ES) Amy	10:00am Walking Intervals** Julie (Meets at the McKinley St entrance)	9:30am Cycling (ES) Felicia	10:15am SilverSneakers (MPR) Meghan M.	<b><u>SATURDAY</u></b>
12:00pm FitQuick (ES) Natalie	10:15am SilverSneakers (MPR) Sue	11:00am Chair Yoga (MPR) Mike	----- 5:15pm BodyPump (ES) Karen	7:30am Cycling (ES) Rotation
12:30pm Pickleball (EG) Beth	----- 5:15pm BodyPump (ES) Karen	12:00pm Cardio Core (ES) Natalie	6:00pm Fitness Challenge** Mike	8:30am Mix it UP (ES) Rotation
----- 5:15pm Bootcamp (ES) Rotation	6:00pm Yoga (MPR) Michelle	1:00pm Exercise for Parkinson's Disease & Multiple sclerosis (EG) Barb	6:15pm Zumba (ES) Nicole	9:30am Zumba (ES) Rotation
6:00pm Yoga (MPR) Corinne	6:00pm Fitness Challenge** Mike	----- 5:15pm Bootcamp (ES) Rotation	6:30pm Yoga (MPR) Michelle	10:45am Body Pump (ES) Tiffany
6:15pm Strength & Core Micki or Kristen (ES)	6:15pm Zumba (ES) Nicole	6:15pm Pound Fit (ES) Rachel		<b><u>SUNDAY</u></b>
7:15pm Hip Hop Step (ES) Marvin	7:30pm Hip Hop Step (ES) Marvin	7:00pm HIIT (ES) Phillip		10:15am Zumba Step (ES) Carrie

#### CURRENT GUIDELINES

- Please have your mask on when you are getting and returning equipment. Your mask may be removed while exercising.
- Please bring your own water & mat.
- Spaces are indicated in the room to state where to stand 6 ft apart.
- Please clean equipment before and after use.

## CLASS DESCRIPTIONS

### Boot Camp 1 hr (am) , 45mins (pm)

- Cardio and strength drills, stations and short distance running to challenge participants.

### LES MILLS BodyPump® 1 hr

- The original barbell class, the ideal workout for anyone looking to get lean, toned and fit.
- All fitness levels welcome.

### Cardio Core 45 mins

- Cardio training with a core segment.

### Chair Yoga 45 mins

- For all ability levels-Bring your own mat
- Enhances mind and body awareness
- Yoga in the chair

### Cycling 45 mins

- Low to high Intensity cardio workout with no impact to the joints.
- Must be at least 4ft. 10" tall to fit on the bikes properly.
- Simulating outdoor cycling with music

### Exercise for Parkinson's and Multiple Sclerosis

- Safe and appropriate physical activities and exercises for individuals with Parkinson's disease and multiple sclerosis

### Fit Challenge 1 hr

- A full-body work out incorporating various formats of cardio and strength with some outside running, weather permitting.

### FitQuick 30 mins

- Total body Cardio and strength circuit, done in 30 minutes.

### Hip Hop Step 1 hr

- High energy toning and cardio step class

### High Intensity Interval Training (HIIT)

- Switch it up with timed segments of cardio, strength and core.

### Mix it up 45 mins

- Rotates Instructors and is Instructor's choice of class format. The format can vary in intensity.

### Pilates 45 mins

- Involves core strength, flexibility and agility

### Power Yoga 1 hr

- Vinyasa or flowing style of yoga that focuses on core strength, balance and flow to build a solid practice based on strength and spirit

### POUND FIT™ 30 mins

- Using RipStix - weighted drumsticks engineered for exercise, combining drumming into an effective full-body workout.

### SilverSneakers® CLASSIC 45 mins

- Increase muscular strength, range of movement and activities for daily living.
- Hand weights, elastic tubes and a ball use for resistance.
- Chair is used for sitting and/or standing

### Strength and Core 45 mins

- Muscle conditioning for all major muscle groups, incorporating various props with a core segment.

### Strength and Tone 45 mins

- Muscle conditioning for all major muscle groups, incorporating various props.

### Walking Intervals 1 hr

- Meets at the McKinley St Entrance and is a walking class with interval training mixed in.

### Yoga 1 hr

- For all ability levels-Bring your own mat
- Enhances mind and body awareness
- Well rounded strength and flexibility

### ZUMBA® 1hr

- Mix of Latin and International Music.
- Interval Training format combining various rhythms with movement that tone and sculpt the body.

### ZUMBA® STEP 1hr

- Combines the awesome toning and strengthening power of Step aerobics, with the fun fitness-party of ZUMBA®.
- Increases cardio and calorie burning, while you sculpt your core and legs