



GROUP EXERCISE SCHEDULE

NORTH CANTON YMCA | 330.499.2587

MARCH 8th, 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30-11:30am Sunday Sweat (ES) <i>Shameem</i>	5:30-6:30am Bootcamp (ES) <i>Mark</i>	5:30-6:30am Cycling (ES) <i>Stacy</i>	8:00-9:00am Resist-A-Ball (ES) <i>Carly</i>	5:30-6:30am Cycling (ES) <i>Nancy</i>	5:30-6:30am Bootcamp (ES) <i>Jen</i>	8:30-9:15am Mix it UP (ES) <i>Rotation</i>
12-12:45pm Group Cycling (ES) <i>Tim</i>	9:00-10:00am Yoga (MPR) <i>Danielle</i>	9:00-9:45am Step Intervals (EG) <i>Julianne</i>	9:15-10:00am Cardio X (EG) <i>Melissa</i>	9:00-9:45am Step Intervals (EG) <i>Julianne</i>	9:00-9:45am Total Body Toning (ES) <i>Julianne</i>	9:30-10:30am Zumba (ES) <i>Rotation</i>
	9:00-9:45am Total Body Toning (EG) <i>Carly</i>	9:00-10:00am Power Yoga (MPR) <i>Julia</i>	10:15-11:00am Silver Sneakers (EG) <i>Meghan</i>	9:00-10:00am Yoga (MPR) <i>Rotation</i>	9:15-10:00am HIIT (EG) <i>Rachel</i>	10:45-11:45am BodyPump (ES) <i>Tiffany</i>
	9:15-10:00am Cardio X (ES) <i>Melissa</i>	9-9:45am Group Cycling (ES) <i>Tim</i>	10:15-10:45am Core 30 (MPR) <i>Rachel</i>	9-9:45am Group Cycling (ES) <i>Tim</i>	10:00-10:45am Zumba Gold (ES) <i>Lisa</i>	
	10:15-11:00am Zumba Gold (ES) <i>Lisa</i>	10:15-11:00am Silver Sneakers (EG) <i>Meghan</i>	11:05-11:50am Chair Yoga (EG) <i>Mike</i>	10:15-11:00am Senior Fitness (EG) <i>Terri</i>	10:15-10:45am Core 30 (MPR) <i>Rachel</i>	
	10:15-11:00am Silver Sneakers (EG) <i>Carly</i>		11:15am-12pm Line Dancing (ES) <i>Janet</i>			
	11:15am-12:00pm Line Dancing (ES) <i>Janet</i>		1:00-2:00pm Exercise for Parkinson's Disease & MS (EG)			
PM CLASSES						
	5:15-6:00pm Bootcamp (ES) <i>Rotation</i>	5:15-6:00pm BodyPump (ES) <i>Karen</i>	4:15-5:15pm Gentle Yoga (MPR) <i>Corinne</i>	5:15-6:00pm BodyPump (ES) <i>Karen</i>		
	6:00-7:00pm Yoga (MPR) <i>Corinne</i>	6:00-7:00pm Yoga (MPR) <i>Jamie</i>	5:15-6:00pm Bootcamp (ES) <i>Rotation</i>	6:00-7:00pm Power Yoga (MPR) <i>Shanna</i>		
	6:30-7:30pm Zumba (ES) <i>Nicole</i>	6:00-7:00pm Fitness Challenge* (outside)	6:15-7:15pm Cardio Kickboxing (ES) <i>Tiffany</i>	6:00-7:00pm Fitness Challenge* (outside)		
		6:30-7:30pm Zumba (ES) <i>Russelle</i>		6:30-7:30pm Zumba (ES) <i>Nicole</i>		*indicates new class or schedule change

*Indicates that the class is outside. Class is cancelled in the case of inclement weather.

Class Locations: ES=Exercise Studio, EG=East Gym & MPR=Multipurpose Room



GROUP EXERCISE CLASS DESCRIPTIONS

CLASS NAME	LENGTH	DESCRIPTION
Boot Camp	1 hr (am) 45 min (pm)	Cardio and strength drills stations and short distance running to challenge participants.
LesMILLS BodyPump®	45 min	The original barbell class, the ideal workout for anyone looking to get lean, toned and fit. All fitness levels welcome.
Cardio Kickboxing	1 hr	A martial art inspired group fitness format that is both heart-pumping and exhilarating.
Cardio X	45 min.	High Intensity class that will work all muscle groups and get your heart rate up!!
Chair Yoga	45 min	For all ability levels. Yoga in the chair. Bring your own mat. Enhances mind and body awareness.
Core 30	30 min	30 minutes of core strengthening exercise, all fitness levels welcome.
Cycling	45 min	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 & Multiple Sclerosis	1 hr	Safe and appropriate physical activities and exercises for individuals with Parkinson's disease and multiple sclerosis.
Fitness Challenge	1 hr	Outdoor running with hill repeats and speed intervals (4-6 miles). Stops to regroup. Train for 4th of July Race, your next half marathon or to maintain fitness. WEATHER PERMITTING
Forever Fit (Low impact)	45 min	Low impact cardiovascular workout with muscle conditioning using a variety of props
Gentle Yoga	1 hr	For all ability levels. Bring your own mat. Enhances mind and body awareness. Well rounded strength and flexibility.
High Intensity Interval Training (HIIT)	45 min	Switch it up with timed segments of cardio, strength and core.
Line Dancing	45 min	Each line dance is choreographed to a specific song, incorporating a string of moves that become a dance routine. Improving coordination, balance and flexibility
Movement & Meditation	1 hr	For all ability levels. Bring your own mat. Enhances mind and body awareness. Well rounded strength and flexibility.
Power Yoga	1 hr	Moderate to intense class with a strong moving flow that cultivates balance, stability, flexibility and strength. Breath awareness and coordination are carried throughout the practice.
Resist-A-Ball	1 hr	Moderate intensity, low impact class that utilizes an exercise ball for a full body workout that improves core strength, posture, balance and flexibility.
Senior Fitness	45 min	Low impact cardio, toning and flexibility all in one class. (Chairs available if needed)
SilverSneakers®	45 min	Increase muscular strength, range of movement and activities for daily living. Hand weights, elastic tubes and a ball are used for resistance. Chair is used for sitting and/or standing.
Step Intervals	45 min	Moderate to high intensity class that utilizes a step for cardio with intervals consisting of strength
Sunday Sweat	1 hr	A different high intensity class each week guarantee to make you sweat!!
Total Body Toning	45 min	Muscle conditioning (Wednesday cardio intervals included) for all major muscle groups, incorporating various props with a core segment. Another low impact option!
Yoga	1 hr	For all ability levels. Bring your own mat. Enhances mind and body awareness. Well rounded strength and flexibility.
ZUMBA®	1 hr	Mix of Latin and International music. Interval training format combining various rhythms with movement that tone and sculpt the body.
ZUMBA® Gold	45 min	Zumba for beginners and seniors. Mix of Latin and International music. Interval training format combining various rhythms with movement that tone and sculpt the body.
CLASS INTENSITY KEY	HIGH INTENSITY	MODERATE INTENSITY
		LOW INTENSITY