



GROUP EXERCISE SCHEDULE

NORTH CANTON YMCA | 330.499.2587

Beginning August 1st

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00pm-2:00pm Zumba Step/ Zumba (ES) <i>Carrie</i>	5:30-6:30am Bootcamp (ES) <i>Mark</i>	5:30-6:30am Cycling (ES) <i>Stacy</i>	5:30-6:30am Bootcamp (ES) <i>Stacy</i>	6:00-7:00am Rise & Shine Yoga (MPR) <i>Corrine</i>	9:15-10:00am HIIT (EG) <i>Hilary</i>	8:30-9:15am Mix it UP (ES) <i>Rotation</i>
	9:00-10:00am Yoga (MPR) <i>Danielle</i>	9:00-9:45 am Step Intervals (ES) <i>Julie</i>	8:00-9:00am Total Body Toning/Intervals (EG) <i>Carly</i>	9:00-9:45 am Step Intervals (EG) <i>Julie</i>	9:15-10:00am Balance & Mobility (MPR) <i>Lorin</i>	9:30-10:30am Zumba (ES) <i>Rotation</i>
	9:00-9:45am Total Body Toning (ES) <i>Carly</i>	9:15-10:15am Yoga (MPR) <i>Martie</i>	9:15-10:00am HIIT (EG) <i>Lindsey</i>	9:00-10:00am Yoga (MPR) <i>Danielle</i>	9:30-10:15am Zumba Gold (ES) <i>Lisa</i>	10:45-11:30am Body Pump (ES) <i>Tiffany</i>
	9:15-10:00am Mix it Up (EG) <i>Lindsey</i>	10:15-11:15am Pilates Plus* (outside) <i>Julie</i>	9:30-10:15am Cycling (ES) <i>Felecia</i>	9:30-10:30am Zumba (ES) <i>Carrie</i>	10:20-11:05am Senior Fitness (EG) <i>Terri</i>	
	10:15-11:15am Zumba Gold (ES) <i>Lisa</i>	10:15-11:00am Silver Sneakers (EG) <i>Meghan</i>	10:30-11:15am Forever Fit(Low Impact) (EG) <i>Carly</i>	10:15-11:15am Pilates Plus* (outside) <i>Julie</i>		
	10:15-11:00am Silver Sneakers (EG) <i>Carly</i>	10:30-11:15am Zumba Gold (ES) <i>Carrie</i>	11:00-11:45am Chair Yoga (MPR) <i>Mike</i>	10:15-11:00am Silver Sneakers (EG) <i>Meghan</i>		
			1:00-2:00pm Exercise for Parkinson's Disease & MS (EG) <i>Barb</i>			
PM CLASSES						
	5:15-6:00pm Bootcamp (ES) <i>Rotation</i>	5:15-6:00pm BodyPump (ES) <i>Micki/Natalie</i>	5:15-6:00pm Bootcamp (EG) <i>Rotation</i>	5:15-6:00pm BodyPump (ES) <i>Karissa/Cindy</i>		
	6:00-7:00pm Yoga (MPR) <i>Corinne</i>	6:00-7:00pm Yoga (MPR) <i>Kelly</i>	5:30-6:00pm Pound Fit (ES) <i>Rachel</i>			
	6:15-7:15pm 30/30 Zumba/Step (ES) <i>Carrie/Annika</i>	6:00-7:00pm Fitness Challenge* (outside) <i>Mike</i>	6:15-7:00pm Cycling (ES) <i>Cindy</i>	6:00-7:00pm Fitness Challenge* (outside) <i>Mike</i>		
		6:15-7:15pm Zumba (ES) <i>Nicole</i>	6:30-7:15pm TABATA (EG) <i>Amy</i>	6:15-7:15pm 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
Balance & Mobility	45 min	Body weight movements to increase strength, flexibility, reflexes and aid with fall prevention.
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.
Barre Toning	45 min	A low impact full body sculpting class focusing on muscle endurance
Chair Yoga	45 min	For all ability levels. Yoga in the chair. Bring your own mat. Enhances mind and body awareness.
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.
Fit 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.
Forever Fit (Low impact)	45 min	Low impact cardiovascular workout with muscle conditioning using a variety of props
High Intensity Interval Training (HIIT)	45 min	Switch it up with timed segments of cardio, strength and core.
Mix it up	45 min	Rotates Instructors and is Instructor's choice of class format. The format can vary in intensity.
Pilates Plus	45 min	Mat-based class focusing on strength, stability, posture, proper breath control, and flexibility
POUND FIT	30 min	Using RipStix-weighted drumsticks engineered for exercise-combining drumming into an effective full-body workout.
Rise & Shine Yoga	1 hr	Moderate level yoga class to awaken your body and spirit. Bring your own mat.
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.
TABATA	45 min	Type of interval training - 8 rounds of 20 seconds of work with 10 seconds of rest. Held in Functional Training Room.
Total Body Toning/Intervals	45 min-Mon 60 min-Weds	Muscle conditioning (Wednesday cardio intervals included) for all major muscle groups, incorporating various props with a core segment. Another low impact option!
Walking Intervals	1 hr	Meets at the McKinley St Entrance. 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®	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.
ZUMBA® STEP-30/30	1 hr	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.

CLASS INTENSITY KEY

HIGH INTENSITY

MODERATE INTENSITY

LOW INTENSITY