



# SCHALMO FAMILY YMCA

## Group Exercise Class Schedule

Starts Oct. 26

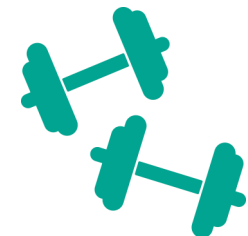
FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING</b>					
<b>Bootcamp</b> 9 - 9:45 am Gym	<b>Toning</b> 9 - 9:45 am Gym	<b>Strength Class</b> 9 - 9:45 am Gym	<b>Toning</b> 9 - 9:45 am Gym	<b>Cardio + Strength</b> 9 - 9:45 am Gym	<b>Yoga</b> 10-10:45 am MPR
<b>Silver Sneakers</b> 9:30 - 10:15 am MPR	<b>Silver Fitness</b> 9:30- 10:15 am MPR	<b>Chair Yoga</b> 9:30 - 10:15 am MPR	<b>Silver Sneakers</b> 9:30 - 10:15 am MPR	<b>Silver Fitness</b> 9:30- 10:15 am MPR	
	<b>Silver Fitness</b> 2:00-2:45 pm MPR <b>NEW CLASS!</b>	<b>Tabata</b> 10:00—10:30 am Gym		<b>Glutes &amp; Abs</b> 10:00 - 10:30 am Gym	
<b>EVENING</b>					
<b>Toning</b> 5:45 - 6:30 pm MPR	<b>HIIT</b> 5:30 - 6:15 pm Gym	<b>Zumba</b> 5:45 - 6:30 pm Gym	<b>Toning</b> 5:30- 6:15pm Gym		
<b>Zumba</b> 6 - 6:45 pm Gym					

### IMPORTANT THINGS TO KNOW BEFORE ATTENDING CLASS

- Please bring your own mat, towel, and water bottle
- Maintain appropriate social distancing while waiting to enter and during class
- Masks are not required for participants during class
- Class sizes are limited to first come, first serve to ensure proper distancing
- Weather permitting, classes may be moved outside to accommodate more members

**THANK YOU FOR HELPING KEEP THE Y HEALTHY AND SAFE!**



## GROUP EXERCISE CLASS DESCRIPTION

<b>Bootcamp</b>	Full body workout incorporating various formats of cardio and strength.
<b>HIIT</b>	High intensity workout including drills, plyometrics, and high impact exercise moves.
<b>Tabata</b>	Tabata training is a high-intensity interval training (HIIT) workout, featuring exercises that last four minutes.
<b>Cardio + Strength</b>	A moderate to high intensity cardio workout followed immediately by a challenging resistance class. Get the best of both worlds! Uses a variety of props.
<b>Glutes &amp; Abs</b>	A 30 minute workout designed to strengthen and tone your abs, hips, glutes, back and more. Can be modified for all levels.
<b>Toning</b>	Sculpt your body from head to toe using weights, tubing, bands, balls & more. Strengthen & define your muscles, lose fat & increase your metabolism. Suitable for all levels.
<b>Yoga</b>	Offering you strength, suppleness, energy & peace- Come experience the harmony of spirit, mind & body (Please bring your own mat).
<b>Zumba</b>	"A party with exercise!" Mix of Latin and international music. Cardio interval training format, combining various rhythms with movements that tone and sculpt body.
<b>Silver Fitness</b>	Low-impact cardiovascular workout with muscle conditioning using a variety of props.
<b>Silver Sneakers</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.
<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



**SCHALMO FAMILY YMCA**

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