



GROUP EXERCISE SCHEDULE

JULY/AUGUST SCHEDULE

Effective July 3, 2017

MON.

8:00am **Hi/Lo** with Jenni (Studio)
9:15am **Zumba®** with Karrie (Studio)
10:15am **Yoga** with Amy (Studio)
10:15am **Silver Sneakers® Classic** with Julie (Dalton at Shady Lawn)
5:15pm **Zumba®** with Brittany (Studio)
6:00pm **Kettle Bell** with Karrie (**STUDIO B**)
6:05pm **Strength Training** with Tina (Studio)

TUE.

9:05am **Stepin' it Up** with Jill (Studio)
10:15am **Yoga** with Amy (Studio)
10:15am **Silver Sneakers® Classic** with Julie (MPR)

WED.

8:00am **Hi/Lo** with Jenni (Studio)
9:15am **Zumba®** with Karrie (Studio)
10:05am **Tunes 'n' Toning** with Karrie (Studio)
10:15am **Silver Sneakers® Classic** with Julie (Dalton at Shady Lawn)
5:15pm **Zumba** with Brittany (Studio)
6:00pm **Kettle Bell** with Jenna (**STUDIO B**)
6:05pm **Strength Training** with Tina (Studio)

THUR.

8:00am **Yoga** with Abbie (Studio)
9:05am **Stepin' It Up** with Jill (Studio)
10:15am **Silver Sneakers® Classic** with Julie (MPR)
5:30pm **Zumba®** with Karrie (Studio)
6:15pm **Tunes 'n' Toning** with Karrie (Studio)

FRI.

8:00am **Hi/Lo** with Jenni (Studio)
9:15am **Zumba®** with Brittany (Studio)
9:15am **Vinyasa Yoga** with Abbie (MPR)
9:15am **Rip60** with Jill (**STUDIO B**)
10:05am **Strength Training** with Tina (Studio)

SAT.

8:30am **Tabata** with Tina (Studio)
9:15am **Zumba®** with rotating instructors (Studio)

* Schedule subject to change

Thanks to the United Way for their generous support!

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CLASS DESCRIPTIONS

- **Hi/Lo:** A tried and true yet unique exercise class, you'll enjoy the basics in this hour of movement to music. You will be led through a wide variety of movement and exercises. With a focus on balance, emphasis on stretching, and attention to self awareness, this is for all ages, sizes and levels.
- ◆ **Cycling:** Low to high intensity cardio workout with NO impact to the joints.
- **Kettle Bell:** Dynamic, momentum based, weight training for full body muscular strength and core stability. Space limited due to nature of the exercises.
- **SilverSneakers® Classic:** This "core" class through Healthways is designed to increase strength, range of movement, agility, balance and coordination. Improve your functional capacity, physical fitness level and sense of well being.
- ◆ **Stepin' It Up:** This class has everything, including the kitchen sink, as you step up your fitness level, the instructor guides you to improve your fitness abilities.
- ◆ **Strength Training:** Muscle equals metabolism! Learn why strength training is as important as cardio training. Strength training for all women from beginner to advanced. Train with a variety of equipment.
- ◆ **Tunes 'n' Toning:** 20-minute short class is designed to be a quick addition to your day by targeting the areas that often get overlooked during your cardio workouts.
- **Tabata:** 45-minute class upbeat style of training that combines the energy of group exercise ,along with interval training! Burns more fat than typical cardio exercise.
- **Yoga:** Quiet and calm your mind while you strengthen and balance your body. Sun salutations, warriors and lots of much-needed stretching set to beautifully relaxing music. Enjoy!
- ◆ **Vinyasa Yoga:** a flowing, dynamic sequence of poses involving synchronizing the breath with a continuous flow of postures.
- **Zumba:** A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. Prepare to have fun! This is a great cardio workout!

INTENSITY LEVELS

- ▲ Low
- Low/Medium
- ◆ Medium/High
- High Intensity

CHILD WATCH

We'll watch your children while you exercise!
Age 2 months-6yrs.

BUILDING HOURS

Mon-Thurs 5:30am-8:30pm
Friday 5:30am-6:30pm
Saturday 8:00am-3:00pm
Sunday CLOSED

FEE

Free for members.
\$2 per child for non-members.

LAND FITNESS FEES

Classes included with membership.
Non-Member \$10 day pass.
Photo ID Required!

HOURS	MON	TUE	WED	THUR	FRI
AM	9:00-11:30	9:00-11:30	9:00-11:00	8:00-10:30	9:00-11:00
PM	5:00-7:00	5:00-7:00	5:00-7:00	5:00-7:00	