



# GROUP EXERCISE SCHEDULE

## UPDATED JULY SCHEDULE

Effective 7/17/18

**MON.**

8:00am **Hi/Lo** with Jenni (Studio)  
9:15am **Zumba®** with Karrie (Studio)  
10:15am **QiGong** with Bill (MPR)  
5:15pm **Zumba®** with Brittany (Studio)

**TUE.**

9:05am **Step it Up** with Jill (Studio)  
10:15am **Yoga** with Monica (Studio)  
10:15am **Silver Sneakers® Classic** with Carol (MPR)  
6:00pm **Tabata** with Tina (Studio)

**WED.**

8:00am **Hi/Lo** with Jenni (Studio)  
9:15am **Zumba®** with Karrie (Studio)  
10:05am **Tunes 'n' Toning** with Karrie (Studio)  
5:15pm **Zumba** with Brittany (Studio)  
6:05pm **Strength** with Tina (Studio)

**THU.**

9:05am **Step It Up** with Jill (Studio)  
10:15am **Yoga** with Abbie (Studio)  
10:15am **Silver Sneakers® Classic** with Carol (MPR)

**FRI.**

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

**SAT.**

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

\* Schedule subject to change

Thanks to the United Way  
for their generous support!

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## CLASS DESCRIPTIONS

- ◆ **HIIT & Get:** A quick high intensity interval training class to kick off your Friday—30 minute class.
- **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/levels.
- ◆ **Kettle Bell: Strength** Dynamic, momentum based, weight training for full body muscular strength and core stability. Space limited due to nature of the exercises.
- ◆ **Kettle Kamp:** Sweat-Strength-Sweat—what you need to kick you workout up a notch!
- **Qigong:** An ancient Chinese system of gentle movements and self massage that will help improve your physical well being
- ◆ **Rip60®** Rip 60 will help you to lose weight, strengthen your muscles, and increase your flexibility, power and endurance using suspended rotation in order to force your body to stabilize and balance in workouts to activate all the muscles in your body.
- **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.
- ◆ **Step It Up:** A cardio and strength training class utilizing Tabata, basic step moves, and various strength training exercises with modifications for various levels.
- ◆ **Strength:** 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:** 25-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:** 30-minute class, upbeat style of training that combines the energy of group exercise 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!
- **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! Ages 2 months-6yrs.

### FEE

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

### BUILDING HOURS

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

### LAND FITNESS FEES

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

### CHILD WATCH HOURS

	MON	TUE	WED	THUR	FRI	SAT
<b>AM</b>	9:00-11:30	9:00-11:30	9:00-11:00	9:00-11:30	9:00-11:00	8:00-10:30
<b>PM</b>	5:00-7:00	5:00-7:00	5:00-7:00	5:00-7:00		