



GROUP EXERCISE SCHEDULE

NOVEMBER/DECEMBER SCHEDULE

Effective October 30, 2017

MON.

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

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)
9:15am **Spinning** with Barb (**STUDIO B**)
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)
6:05pm **Strength** with Tina (Studio)
6:00pm **Kettle Bell** with Jenna (**STUDIO B**)

THUR.

9:05am **Step It Up** with Jill (Studio)
10:15am **Yoga** with Abbie (Studio)
10:15am **Silver Sneakers® Classic** with Carol (MPR)
5:30pm **Dance Fitness** with Karrie (Studio)
6:20pm **Tunes 'n' Toning** with Karrie (Studio)

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 Training** 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!

ORRVILLE YMCA • 1801 Smucker Road • Orrville, OH 44667 • P 330-683-2153
www.orrvilledalton-ymca.org • E info@orrvilledalton-ymca.org



CLASS DESCRIPTIONS

- ◆ **Cycling:** Low to high intensity cardio workout with NO impact to the joints.
- ◆ **Dance Fitness:** A full body aerobic workout that allows you to dance along to a range of popular music. Dance moves combined with fitness extensions and varying intensity levels provides a fun and effective cardio workout.
- **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.
- ◆ **Kettle Bell:** Dynamic, momentum based, weight training for full body muscular strength and core stability. Space limited due to nature of the exercises.
- ◆ **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 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:** 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 ,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! Ages 2 months-6yrs.

FEE

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

BUILDING HOURS

Mon-Thurs 5:30am-9:00pm
Friday 5:30am-8:30pm
Saturday 8:00am-4:00pm
Sunday 1:00pm-4:00pm

LAND FITNESS FEES

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

CHILD WATCH HOURS

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