



GROUP EXERCISE SCHEDULE

JANUARY/FEBRUARY SCHEDULE

Effective January 2, 2018

MON.

8:00am **Hi/Lo** with Jenni (Studio)
9:15am **Zumba®** with Karrie (Studio)
10:15am **Kettle Bell** with Jenna (**STUDIO B**)
10:15am **QiGong** with Bill (MPR)
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.

5:45am **Spin & Swim** with Sherry (**STUDIO B**) - Swim is Thursday mornings (see pool schedule)
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 **Cycling** 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)

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 **Zumba** with Karrie (Studio)
6:20pm **Tunes 'n' Toning** with Karrie (Studio)
6:45 pm **Cycling** with Jenni (**STUDIO B**)

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

- ◆ **Cycling:** Low to high intensity cardio workout with NO impact to the joints.
- **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.
- **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.
- ◆ **Spin & Swim:** Tuesdays - indoor cycling class that consists of cardio challenges, varying resistant levels, climbs, sprints and more. This class uses modifications for both the less experience and the advanced riders. Moderate to high fitness levels are encouraged to attend. Thursdays - swim class teaches beginner adults who are comfortable in water and ready to increase their confidence with fitness swimming develop fundamental swimming, improve their overall efficiency, comfort and control in the water. These classes are the perfect for cross-training to increase your fitness level and avoid injuries!
- ◆ **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-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		