



GROUP EXERCISE SCHEDULE

September 2010

**Nationally
Certified Personal
Trainers**

Orrville Y

Monday 8:00-9:00am Hi/Lo
9:15-10:00am Zumba
5:30-6:20pm Cardiokickboxing
6:30 - 7:15 Zumba

Tuesday 8:00-8:45am Pilates
9:15-10:00am Cardiokickboxing
10:15-11:00am Yoga
10:30-11:15am SilverSneakers® (MPR)
6:00 - 7:00 pm Boot Camp
7:15 - 8:00 pm Yoga

Wednesday 8:00-9:00am Hi/Lo
9:15-10:00am Zumba
5:30-6:20pm Cardiokickboxing
6:30 - 7:15 Zumba

Thursday 8:00-8:45am Pilates
9:15-10:00am Cardiokickboxing
10:15-11:00am Yoga
10:30-11:15am SilverSneakers® (MPR)

Friday 8:00-9:00am Hi/Lo
9:15-10:15am Core Evolution

Unless otherwise noted, all classes are in the Aerobic Studio

Dalton Y

Monday 9:15-10:15am Step & Burn (Gym)
10:30-11:15 SilverSneakers® (MPR)
6:30-7:30pm Max Energy (MPR)

Wednesday 9:15-10:15am Step & Burn (Gym)
10:30-11:15 SilverSneakers® (MPR)
6:30-7:30pm Max Energy (MPR)

Thursday 6:00 - 7:00 pm Boot Camp (MPR)
7:15 - 8:00 pm Yoga (MPR)

Friday 9:15-10:15am Step & Burn (Gym)

New Classes!

**Cycling starts in
November. Watch
for day and time!**

Our Gold Sponsors:
J. M. Smucker
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Our Publicity Sponsors:
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our Sponsors***

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Tyler Grain And Fertilizer Co.
University of Akron/Wayne College
Weaver Commercial Contractors Inc.
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CARDIOKICKBOXING

Intermediate/Advanced—50 minutes

A high-impact cardio workout, designed to improve your fitness level and to empower you. Upper and lower body movement, jabs, punches, kicks and a variety of jump rope patterns are all incorporated in this intense aerobic workout. Increase your power, speed and coordination with fun-to-learn, uncomplicated moves. Wrist-wraps are required and can be purchased for \$6 from the front desk.

HI/LO

All Levels—60 minutes

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.

CORE EVOLUTION "NEW"

All Levels—60 minutes

Core strength and stability are vitally important for total body strength. This challenging new strength class will help increase your metabolism by incorporating a variety of resistance equipment to give you a total body workout. Benefits all age groups and body types.

MAX ENERGY at Dalton

All levels-60 minutes

Maximize your physical fitness and have lots of fun doing it. Combining fitness science and creativity, our instructors will lead you through an hour of circuits and intervals for a total body workout. This is a fantastic way to shake off the workday and take care of your spirit, mind and body.

PILATES

All Levels-45 minutes

Another mind-body workout which lengthens and strengthens your muscles, improves balance and flexibility and strengthens the core muscles to stabilize the spine. You will learn proper breathing and body awareness.

STEP AND BURN at Dalton

All Levels—60 minutes

Basic step moves, safe yet effective resistance training, and an expert instructor to guide you and increase your confidence in your fitness abilities.

YOGA

All Levels-45 minutes

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

All Levels—45 minutes

A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. Prepare to have fun!

LAND FITNESS CLASS RULES

Class Attendance: The Orrville/Dalton YMCA reserves the right to cancel a class at any time due to low participation, insufficient staff, or at the discretion of the director.

Class Participation: Members age 12 may attend with a parent. Members must be 13 to attend without a parent. Guests must be 18 years of age or older. All

Appropriate Footwear: Street shoes are not permitted in land fitness classes. Proper shoes, aerobic or cross trainers should be worn to help prevent injury.

Arrive on Time and Stay the Duration: By arriving late and /or leaving early you will decrease the benefits of the structured workout. For your own safety and as a courtesy to the entire class, please be punctual. Instructors reserve the right to close the class after the initial warm up portion of the class is completed (approximately 10 minutes), in order to help prevent injury.

Stay With the Class Format: A well balanced class is essential to a safe injury-free workout. All participants are expected to follow the class format as directed by the instructor. Instructors will demonstrate levels to help you modify your workout safely and allow participants to work at varied intensities. Ankle and wrist weights are not allowed in classes. Wrist weights may be worn in Cardiokickboxing only.

What to Bring: You are encouraged to bring a towel and a capped water container.

CHILD WATCH

Age 6 months -6yrs

We'll watch your children while you exercise!

Member \$1

Non-Member \$2



Dalton:

Mon, Wed, Fri 9-11am

Thur: 6:30-8:00 pm

Orrville:

Mon - 9am-2 pm & 5:15 - 8 pm

Tue - 9-11 am & 5:15-8 pm

Wed - 9am- 2pm & 5:15-8 pm

Thur - 9-11am

LAND FITNESS FEES

1 Month Member: \$15; Non-Member: \$40

4 Months \$50 - Mem (Members only)

1 Year Member: \$140

Price Per Class Member: \$5; Non-Member: \$7

Land/Water Combo 1 Month Member: \$25; Non-Member: \$55

Land/Water Combo 4 Month Member: \$80

Punch Card (10 visits) Member: \$45; Non-Member \$65

CYCLE & CORE will begin in November. Please watch for times and dates.

CYCLING FEES:

Session Pass 1x week: Member \$12; Non-member \$24

Session Pass 2x week: Member \$24; Non-member \$45

Session Pass 3x week: Member \$30; Non-member \$54

Price per class: Member \$4; Non-member \$6