



GROUP EXERCISE CLASSES

JANUARY 2ND-FEBRUARY 24TH

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
TRX- Megan (K) 2:00-2:45pm -----	Kickboxing - Angela 5:30-6:15am (K) ----- Toning - Al 6:00-6:45am (A) ----- ----- Stretching-Ruth 8:00-8:45am (A) ----- Wild Card -Pepin 9:00-9:45am (K) ----- Hip Hop Dance-Kristin 9:00-9:45am (A) ----- Power Pump-Pepin 10:00-10:45am(A) ----- LOSE4U - Gary 5:00-6:00pm (K) ----- Boot Camp - Andy 6:00-6:45pm (A) ----- Cycling – Beth 6:00-6:45pm (C) ----- Yoga- Sue 6:00-6:45pm (B) ----- Power Pump - Beth 7:00-7:45pm (A) ----- TRX- Megan (K) 7:00-7:45pm	Kettlebell - Angela 5:30-6:15am (A) ----- Cycling – Al 6:00-6:45am (C) ----- Core Conditioning June 8:15-9:00am (A) ----- Boot Camp - June 9:00-9:45am (G) ----- Hip Hop Dance-Kristin 10:00-10:45am (C) ----- Wild Card-Pepin 10:00-10:45am (K) ----- Aqua Barre- Andy 12:00-12:45pm (P) ----- Kickboxing Cardio - Crystal 5:15-6:00pm (K) ----- Kickboxing Cardio - Crystal 6:00-6:45pm (K) ----- Yoga- Crystal 7:00-7:45pm (K) -----	Toning - Al 6:00-6:45am (A) ----- Hip Hop Dance-Kristin 9:00-9:45am (A) ----- Barre - Andy 10:00–10:45am (A) ----- LOSE4U - Gary 5:00-6:00pm (K) ----- Barre - Andy 6:00–6:45am (A) ----- Yoga - Trish 6:00-6:45pm (B) ----- Power Pump - Andy 7:00-7:45pm (A) ----- TRX- Megan (K) 7:30-8:15pm	Kettlebell -Angela 5:30-6:15am (G) ----- Cycling - Al 6:00-6:45am (C) ----- Core Conditioning June 8:15-9:00am (A) ----- Boot Camp - June 9:00-9:45am (G) ----- Pilates- Gordana 11:00-11:45pm (A) ----- Zumba- Gordana 12:00-12:45pm (A) ----- Aqua Barre- Andy 12:00-12:45pm (P) ----- Kickboxing Cardio - Crystal 6:00-6:45pm (K) ----- Cycling- Crystal 7:00-7:45pm (C) ----- Hip Hop Dance-Kristin 7:00-7:45pm (A) ----- Yoga - Gina 7:00-7:45pm (B) -----	Kickboxing -Angela 5:30-6:15am (K) ----- Toning – Al 6:00-6:45am (A) ----- Stretching-Ruth 8:00-8:45am (A) ----- Hip Hop Dance-Kristin (A) 9:00 – 9:45am ----- Power Pump-Andy 10:00-10:45am(A) ----- Barre -Andy 12:00-12:45pm(A)	Hip Hop Dance-Kristin (A) 8:00 – 8:45am ----- Core Conditioning Andy 9:00-9:45am (A) ----- Cycling- Trish/Rachel 9:00-9:45am (C) ----- Wild Card Andy (A) 10:00-10:45am ----- TRX- Jen (K) 10:00-10:45am ----- Yoga - Gina 11:00-11:45pm (A) -----

Updated:
1/02/19

Room Key
(A)Aerobic Studio
(B)Basement
(C)Cycle Room
(G)Gymnasium
(K)Kickboxing
(R)Racquetball

RIVERFRONT YMCA
544 BROAD BLVD
CUYAHOGA FALLS, OHIO 44221
330 923 9622

akronymca.org

The Y strives to make programs and membership available to all. Financial assistance may be available to those who qualify.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OLDER ADULT AND YOUTH CLASSES

JANUARY 2ND-FEBRUARY 24TH

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<p>Kids Boot Camp – Megan (A) 1:00 – 1:45 pm -----</p>	<p>Older Adult Water Exercise Sandra (P) 7:45-8:30am ----- Senioraerobics (Church in Falls) Ruth 9:15-10:00am ----- Silver Sneakers® Classic Ruth (A) 11:00-11:45pm ----- Arthritis Aquatics Linda (P) 11:15-12:00pm ----- Silver Sneakers® Yoga Ruth (A) 12:00-12:45pm -----</p>	<p>Silver Sneakers® Circuit Ruth (A) 10:00-10:45am ----- Silver Sneakers® Classic Ruth (A) 11:00-11:45pm ----- Open Senior Pickleball (G) 12:00-2:00pm</p>	<p>Older Adult Water Exercise Sandra (P) 7:45-8:30am ----- Senioraerobics (Church in Falls) Andy 9:00-9:45am ----- Silver Sneakers® Classic Ruth (A) 11:00-11:45pm ----- Arthritis Aquatics Linda (P) 11:15-12:00pm ----- Silver Sneakers® Yoga Ruth (A) 12:00-12:45pm ----- Kids Boot Camp – Megan (K) 6:30 – 7:15 pm</p>	<p>Silver Sneakers® Circuit-Anne 10:00-10:30am ----- Open Senior Pickleball (G) 12:00-2:00pm</p> <p>Note: Youth and Teen Wellness are 3 week sessions by appointment.</p> <p>*Youth Classes</p>	<p>Older Adult Water Exercise Sandra (P) 7:45-8:30am ----- Senioraerobics (Church in Falls) Trish 9:15-10:00am ----- Silver Sneakers® Classic Andy (A) 11:00-11:45pm ----- Arthritis Exercise Linda (P) 11:15-12:00pm -----</p>	<p>Room Key (A)Aerobic Studio (G)Gym (P)Pool (R)Rockwall (W)Wellness Center (C)Cycle Room</p>

RIVERFRONT YMCA
544 BROAD BLVD
CUYAHOGA FALLS, OHIO 44221
330 923 9622

akronymca.org

The Y strives to make programs and membership available to all. Financial assistance may be available to those who qualify.

