FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE CLASSES

EFFECTIVE: APRIL 23RD – JUNE 10TH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Toning - Al 6:00-6:45am (A) --- Kickboxing -Pepin 9:00-9:45am (K) --- Power Pump-Pepin 10:00-10:45am(A) --- LOSE4U - Gary 5:00-6:00pm (K) --- Yoga - Crystal 6:00-6:45pm (B) --- Boot Camp - June 6:00-6:45pm (A) --- Cycling – Beth 6:00-6:45pm (C) --- LOSE4U - Gary 6:00-7:00pm (K) --- Hatha Yoga - Crystal 7:00-7:45pm (K) --- Power Pump - June 7:00-7:45pm (A) ---	Cycling – Al 6:00-6:45am (C) --- Core Conditioning June 8:15-9:00am (A) --- Boot Camp - June 9:00-9:45am (G) --- Kickboxing - Crystal 6:00-6:45pm (K) --- Kickboxing - Crystal 7:00-7:45pm (K) ---	Toning - Al 6:00-6:45am (A) --- Barre - Andy 10:00–10:45am (A) --- LOSE4U - Gary 5:00-6:00pm (K) --- Wild card- Deb 5:00-6:00pm (A) --- Yoga - Trish 6:00-6:45pm (B) --- Core Conditioning Andy 6:00-6:45pm (A) --- Cycling - Crystal 6:00-6:45pm (C) --- LOSE4U - Gary 6:00-7:00pm (K) --- Hatha Yoga - Crystal 7:00-7:45pm (K) --- Power Pump - Andy 7:00-7:45pm (A) ---	Cycling - Al 6:00-6:45am (C) --- Core Conditioning June 8:15-9:00am (A) --- Boot Camp - June 9:00-9:45am (G) --- Zumba – Veronica 6:00-6:45pm (A) ---	Toning – Al 6:00-6:45am (A) --- Tabata -Andy 9:00 – 9:45 am --- Power Pump-Andy 10:00-10:45am(A) --- Barre -Andy 12:00-12:45pm(A)	Cycling – Crystal/Trish 9:00 -9:45am (C) --- Core Conditioning Andy 9:00-9:45am (A) --- Wild Card June/Andy (K) 10:00-10:45am --- Zumba Veronica (A) 11:00-11:45am

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

Updated:

4/20/17

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.

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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OLDER ADULT AND YOUTH CLASSES

EFFECTIVE: APRIL 23RD – JUNE 10TH

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

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