



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE CLASSES

EFFECTIVE: JUNE 18TH – AUGUST 26TH

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

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

Updated:
6/12/17

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.

Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Connect with us!





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OLDER ADULT AND YOUTH CLASSES

EFFECTIVE: JUNE 18TH – AUGUST 26TH

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	Older Adult Water Exercise Sandra (P) 7:45-8:30am ----- Seniorsaerobics (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 ----- Seniorsaerobics (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 –Andy 10:00-10:45am ----- Silver Sneakers® Classic – Andy 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 ----- Seniorsaerobics (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

Thursdays
Silver Sneakers
classes
resume in
July

Updated:
6/12/17

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