



GROUP EXERCISE SCHEDULE

GREEN FAMILY YMCA

April 23rd-June 10th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM CLASSES					
Cycling Jen 5:30-6:15	Yoga MPR Cynthia 5:30-6:15	Cycling Dawn 5:30-6:15	Toning MPR Jen P 5:30-6:15	Tabata MPR Nikki 5:30-6:15	Yoga MPR Cynthia 7:00-7:45
Total Body Toning MPR Nikki 8:30-9:15	Stretching MPR Eileen 8:30-9:15	Total Body Toning MPR Rachel 8:30-9:15	Stretching MPR Melissa 8:30-9:15	Total Body Toning MPR Amy/Rachel 8:30-9:15	Wildcard MPR Michelle 8:00-8:45
Silver Sneakers Yoga Gym Jill 8:30-9:15	Silver Sneakers Classic Gym Melissa 8:45-9:30	Silver Sneakers Circuit Gym Melissa/Kelly 8:30-9:15	Zumba Gold Gym Malinda 8:45-9:30	Silver Sneakers Yoga Gym Kelly 8:30-9:15	Cycling Maria 8:30-9:15
Cardio Variety MPR Nikki 9:30-10:15	Pilates MPR Aimee 9:30-10:15	Cardio Variety MPR Eileen 9:30-10:15	Cardio Kick MPR Angie 9:30-10:15	Cardio Variety MPR Amy 9:30-10:15	Tabata MPR Crystal 9:00-9:45
Silver Sneakers Classic Gym Jill 9:30-10:15	Tabata Gym Amy 9:45-10:30	Silver Sneakers Classic Gym Melissa 9:30-10:15	Silver Sneakers Classic Gym Kelly 9:45-10:30	Senior Cycle Ed 9:30-10:15	Zumba® MPR Rosemarie 10:00-10:45
Zumba® MPR Sue 10:30-11:15	Tai Chi MPR Jeff 10:30-11:15	Senior Cycle JoAnn 9:30-10:15	Tai Chi MPR Jeff 10:30-11:15	Golden Rhythm Gym 9:30-10:15 Rosemarie	
Total Body Toning MPR Sue 11:30-12:15	Self-Defense MPR Jeff 11:30-12:15	Toning MPR Shelly 10:30-11:15		Zumba® MPR Rosemarie 10:30-11:15	SUNDAY
Mommy & Stroller GYM Brandye 11:15-12:00				Mommy & Stroller GYM Brandye 11:15-12:00	Power Pump MPR Virginia 12:00-12:45
					Zumba Core Variety MPR Kelsey 1:00-1:45
PM CLASSES					
Circuit Interval MPR Kristen 5:00-5:30	Zumba® MPR Rose Marie 6:00-6:45	Core Conditioning MPR Kristi 5:00-5:45	Zumba® MPR Sue 6:00-6:45	<p>Cycling in Cycling Room MPR= Multi-Purpose Room Gym IAZ = Interactive Zone</p> <p>www.akronymca.org/green (330) 899-9622</p> <p>Classes with low attendance are subject to cancellation.</p>	
Tabata MPR Kristi 6:00-6:45	Wildcard Gym Crystal 6:00-6:45	Power Pump MPR Crystal 6:00-6:45	Kettlebell Combo MPR Jeremy 7:00-7:45		
Cycling Jessica 6:00-6:45	Tabata MPR Kristi 7:00-7:45	Cycling Matt 6:15-7:00	Cycling Matt 6:30-7:15		
Power Pump MPR Kristi 7:00-7:45	Stretching MPR Kristi 8:00-8:45	Total Body Toning MPR Kristen 7:00-7:45			
Core Conditioning MPR Kristi 8:00-8:45					



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BOOTCAMP	Action-packed cardio, strength and combo class that uses high intensity intervals, plyometrics, strength and core training.
CARDIO VARIETY	Cardio Variety is a multi-versatile class that utilizes a variety of aerobic activities, stepping, floor aerobics, weights and intervals.
CIRCUIT INTERVALS LUNCHTIME INTERVALS	Get your cardio and strength training done at the same time with our full body, high intensity workout with timed intervals. A variety of equipment will be used.
CYCLING	Work your cardiovascular system in 45 minutes while simulating outdoor cycling with music. Class size is limited. It is strongly recommended to attend Group Cycling Orientation. Must be at least 4'10" tall to fit the bike properly.
KETTLEBELL PUMP	This intense full-body kettlebell class will help you increase endurance, strength and flexibility. Kettlebells focus on core strengthening and provide functional training for everyday life.
MOMMY, ME & STROLLER	Fitness for you and bonding time with your child. Class will include walking, strength moves, and stretching; all while allowing you to keep your child with you in a stroller.
PILATES	This class strengthens and reshapes your abs, back and trunk using lengthening and strengthening exercises along with proper breathing techniques.
POWER PUMP	Power Pump is a group weight-training workout using bars and plates. This program strengthens and tones every muscle group in the body.
R.I.P.P.E.D.	R-Resistance, I-Interval, P-Power, P-Plyometrics, E-Endurance, D-Diet for a one stop body shop for everyone. Plateau proof, because each component of the work out provides a unique different emphasis
SILVER SNEAKERS® CIRCUIT	Cardio Circuit is designed for seniors who have taken the Silver Sneakers MSROM and now feel at ease working out of their comfort zone. Silver Sneakers Cardio Circuit focuses on strengthening the cardiovascular system.
SILVER SNEAKERS® CLASSIC	Variety of exercises designed to increase muscular strength, range of movement, and activities of daily living. Chair used for sitting and/or standing support.
SILVER SNEAKERS® YOGA	An introduction to the basic concepts of yoga including breathing, basic poses, and relaxation.
STEP & SCULPT	Step into a great cardiovascular endurance class using a bench and risers, fun music and a motivational instructor to give you a full body workout that you are sure to love. This class also offers muscle conditioning.
STRETCHING	Performance stretching will help prepare you for basic physical activity, help you unwind after exertion, increase flexibility and blood flow to the muscles, ligaments and tendons by providing cells with more oxygen and nutrients.
TABATA	An enhanced form of interval training, an exercise strategy alternating periods of short intense anaerobic exercise with less-intense recovery periods.
TAI CHI	Learn the complete Form and various traditional Tai Chi stances, postures, and exercises. The focus is on relaxation, coordination, balance, mobility, as well as overall health and wellness through improving Chi.
TOTAL BODY TONING	Sculpt your body from head to toe using weights, tubing, bands, balls & more. Strengthen & define your muscles, lose fat & increase your metabolism. Suitable for all levels
WILDCARD	Take a walk on the wild side and mix up your workout! Wild Card offers a new exercise each week. Wild Card exercises may include boot camp, kickboxing, pilates, cycling, toning or other classes
YOGA (ASHTANGA VINYASA)	Yoga focuses on transitional flexibility movements and requires you to use body strength and proper breathing techniques. (Feel free to bring your own mat.)
ZUMBA®	"A party with exercise!" Mix of Latin and international music. Cardio interval training format, combining various rhythms with movements that tone and sculpt body. A class for ALL shapes, sizes and fitness levels!!!
ZUMBA® GOLD	Combines the enticing international rhythms of a slower-paced Zumba® Gold dance-fitness class with the sculpting moves of a Zumba® Toning class, creating an easy-to-follow, health-boosting dance-fitness program anyone can enjoy!