



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Firestone Park YMCA

Spring - 2018 (Apr 23 - Jun 4)

## Group Classes

### BLT

Our BLT workout focuses on exercise for the back, legs and tummy. BLT is structured to strengthen and tone the entire core and lower body.

Days & Times	Ages	Mem/Program
Monday 7:00-8:00 pm	16-99	\$0.00/\$35.00

### Boot Camp

An action-packed cardio, strength and combo class that uses high intensity intervals, plyometrics, strength and core training.

Days & Times	Ages	Mem/Program
Tuesday 6:00-7:00 pm	16-99	\$0.00/\$35.00
Thursday 6:00-7:00 pm	16-99	\$0.00/\$35.00

### Seniorobics

This class is designed to help build cardiovascular endurance, improve flexibility, promote balance, increase muscular strength and enhance your energy level.

Days & Times	Ages	Mem/Program
Tuesday 9:00-10:00 am	55-99	\$0.00/\$35.00
Thursday 9:00-10:00 am	55-99	\$0.00/\$35.00

### SilverSneakers Classic

Have fun and move to the music during a variety of exercises. Designed to increase muscular strength and range of movement for daily living skills and activities, Classic offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support.

Days & Times	Ages	Mem/Program
Monday 9:00-10:00 am	55-99	\$0.00/\$35.00
Wednesday 9:00-10:00 am	55-99	\$0.00/\$35.00
Friday 9:00-10:00 am	55-99	\$0.00/\$35.00

### SilverSneakers Yoga

Yoga stretch will move your body through a series of seated yoga positions. Chair support is offered to increase flexibility and balance techniques.

Days & Times	Ages	Mem/Program
Friday 10:15-11:00 am	55-99	\$0.00/\$35.00

### Yoga

The practice of poses, sequences and breathing techniques to help improve strength, flexibility and balance in body and mind.

Days & Times	Ages	Mem/Program
Tuesday 7:00-8:00 pm	16-99	\$9.00/\$43.00
Thursday 7:00-8:00 pm	16-99	\$9.00/\$43.00

### Zumba

Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. You are sure to burn calories and have fun!

Days & Times	Ages	Mem/Program
Monday 6:15-7:00 pm	16-99	\$0.00/\$35.00
Wednesday 6:15-7:00 pm	16-99	\$0.00/\$35.00

Register Online at [AKRONYMCA.ORG](http://AKRONYMCA.ORG)