



# GROUP EXERCISE SCHEDULE

## GREEN FAMILY YMCA

Feb 25th—April 23rd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AM CLASSES</b>					
<b>Cycling</b> Jen 5:30-6:15	<b>Cycling</b> Stephanie 5:30-6:15	<b>Cycling</b> Dawn 5:30-6:15	<b>Total Body Toning</b> MPR Jen P 5:30-6:15	<b>Wildcard</b> MPR Nikki 5:30-6:15	<b>Yoga</b> MPR Nikki 7:00-7:45
<b>Total Body Toning</b> MPR Nikki 8:30-9:15	<b>Stretching</b> MPR Eileen 8:30-9:15	<b>Total Body Toning</b> MPR Kristi 8:30-9:15	<b>Stretching</b> MPR Melissa 8:30-9:15	<b>Total Body Toning</b> MPR Kristi/Amy 8:30-9:15	<b>Pilates</b> MPR Aimee 8:30-9:15
<b>Silver Sneakers Yoga</b> Gym Jill 8:30-9:15	<b>Silver Sneakers Classic</b> Gym Melissa 8:45-9:30	<b>Line Dancing</b> Gym Brandye 8:30-9:15	<b>Zumba Gold</b> Gym Malinda 8:45-9:30	<b>Silver Sneakers Yoga</b> Gym Kelly 8:30-9:15	<b>Cycling</b> Maria 8:30-9:15
<b>Cardio Variety</b> MPR Brandye 9:30-10:15	<b>Pilates</b> MPR Aimee 9:30-10:15	<b>Cardio Variety</b> MPR Eileen 9:30-10:15	<b>Kickboxing Cardio</b> MPR Angie 9:30-10:15	<b>Step &amp; Sculpt</b> MPR Amy 9:30-10:15	<b>Total Body Toning</b> MPR Rosemarie 9:30-10:00
<b>Silver Sneakers Classic</b> Gym Jill 9:30-10:15	<b>Tabata</b> Gym Amy 9:45-10:30	<b>Silver Sneakers Classic</b> Gym Brandye 9:30-10:15	<b>Silver Sneakers Classic</b> Gym Kelly 9:45-10:30	<b>Senior Cycle</b> Ed 9:30-10:15	<b>Zumba®</b> MPR Rosemarie 10:00-10:45
<b>Zumba®</b> MPR Sue 10:30-11:15	<b>Tai Chi</b> MPR Jeff 10:30-11:15	<b>Senior Cycle</b> JoAnn 9:30-10:15	<b>Tai Chi</b> MPR Jeff 10:30-11:15	<b>Golden Rhythms</b> Gym Rosemarie 9:30-10:15	
<b>Total Body Toning</b> MPR Sue 11:30-12:15		<b>Toning</b> MPR Shelly 10:30-11:15	<b>Vinyasa Yoga</b> MPR Susan 11:30-12:15	<b>Zumba®</b> MPR Rosemarie 10:30-11:15	<b>SUNDAY</b>
<b>Tot Time</b> IAZ Sarah 10:30-11:00		<b>Wee Tumblers</b> Gym Denise 10:45-11:15		<b>Tot Time</b> IAZ Sarah 10:30-11:00	<b>Power Pump</b> MPR Virginia 12:15-1:00
		<b>Jump Into Art</b> MPR Mindy 12:00-12:45			
<b>PM CLASSES</b>					
<b>Core Conditioning</b> MPR Kristi 5:00-5:45	<b>Tabata</b> MPR Virginia 5:00-5:45	<b>Core Conditioning</b> MPR Kristi 5:00-5:45	<b>Circuit Interval</b> MPR Kristen 5:15-5:45	Cycling in Cycling Room MPR= Multi-Purpose Room Gym IAZ = Interactive Zone  <a href="http://www.akronymca.org/green">www.akronymca.org/green</a> (330) 899-9622 Classes with low attendance are subject to cancellation.	
<b>Tabata</b> MPR Rachel 6:00-6:45	<b>Zumba®</b> MPR Rose Marie 6:00-6:45	<b>Country Heat</b> MPR Julie 6:00-6:45	<b>Zumba®</b> MPR Sue 6:00-6:45		
<b>Cycling</b> Jessica 6:00-6:45	<b>Wildcard</b> Gym Kristi 6:00-6:45	<b>Cycling</b> Matt 6:15-7:00	<b>Total Body Toning</b> MPR Jessica 7:00-7:45		
<b>Power Pump</b> MPR Virginia 7:00-7:45	<b>R.I.P.P.E.D.</b> MPR Kristi 7:00-7:45	<b>Tabata</b> MPR Virginia 7:00-7:45	<b>Cycling</b> Matt 6:30-7:15		



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

<b>CARDIO VARIETY</b>	Cardio Variety is a multi-versatile class that utilizes a variety of aerobic activities, stepping, floor aerobics, weights and intervals.
<b>CIRCUIT INTERVALS</b>	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.
<b>CYCLING</b>	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. <b>Must be at least 4'10" tall to fit the bike properly.</b>
<b>LINE DANCING</b>	Enjoy line dancing in a relaxed, fun and positive atmosphere. Learn the basics of building a strong foundation that will motivate you to achieve your highest potential in dance. Whether you dance solo or as a couple, our unique approach to teaching will have you moving across the dance floor in a celebration of movement and melody!
<b>MOMMY, ME &amp; STROLLER</b>	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.
<b>PILATES</b>	This class strengthens and reshapes your abs, back and trunk using lengthening and strengthening exercises along with proper breathing techniques.
<b>POWER PUMP</b>	Power Pump is a group weight-training workout using bars and plates. This program strengthens and tones every muscle group in the body.
<b>PLYO BEAT</b>	Maximize your calorie burn in this dance powered plyometrics class. The perfect workout to sweat and have fun at the same time!
<b>SILVER SNEAKERS® CIRCUIT</b>	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.
<b>SILVER SNEAKERS® CLASSIC</b>	Variety of exercises designed to increase muscular strength, range of movement, and activities of daily living. Chair used for sitting and/or standing support.
<b>SILVER SNEAKERS® YOGA</b>	An introduction to the basic concepts of yoga including breathing, basic poses, and relaxation.
<b>STEP &amp; SCULPT</b>	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.
<b>STRETCHING</b>	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.
<b>TABATA</b>	An enhanced form of interval training, an exercise strategy alternating periods of short intense anaerobic exercise with less-intense recovery periods.
<b>TAI CHI</b>	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.
<b>TOT TIME</b>	This class is designed for parent and young child to encourage movement and dance to the rhythms of music and fun!
<b>TOTAL BODY TONING</b>	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
<b>WILDCARD</b>	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
<b>YOGA (ASHTANGA VINYASA)</b>	Yoga focuses on transitional flexibility movements and requires you to use body strength and proper breathing techniques. (Feel free to bring your own mat.)
<b>ZUMBA®</b>	"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!!!
<b>ZUMBA® GOLD</b>	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!