

Fitness Schedule

Spring April 23 - June 2

Key:		Group Ex Room	Gymnasium	Cycling or First Energy Room (upstairs)			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
MORNING (5AM - 12 PM)							
Cycling (Yolanda) 5:00-6:00am Tabata (Richard) 6:15-7:00am Yoga (Sunrise) (Erica) 6:15-7:00am Silver Sneakers Circuit (Mary) 8:30-9:15 am Silver Sneakers Classic (Mary) 9:30 -10:15am Line Dancing (Cookie) 10:30am-11:45pm	Cycling (Yolanda) 6:30-7:30am Silver Sneakers Classic (Mary) 8:30-9:15 am Silver Sneakers Yoga (Mary) 9:30-10:15am	Cycling (June) 5:00-6:00am Functional Fitness (June) 6:15-7:00am Yoga (Sunrise) (Erica) 6:15-7:00am Boom Move It! (Ruth) 7:10-7:40am Stretching (Ruth) 7:45-8:15am Silver Sneakers Circuit (Ruth) 8:30-9:15 am Silver Sneakers Classic (Mary) 9:30am-10:15am Line Dancing (Cookie) 10:30am-11:45pm	Cycling (Yolanda) 6:30-7:30am Silver Sneakers Classic (Mary) 8:30-9:15 am Silver Sneakers Yoga (Mary) 9:30-10:15am	Cycling (June) 5:00-6:00am Tabata (Lisa) 6:15-7:00am Silver Sneakers Circuit (June) 8:30-9:15 am Silver Sneakers Classic (Mary) 9:30-10:15am Line Dancing (Cookie) 10:30am-11:45pm	Yoga (Restorative) (Erica) 7:00-7:45am Cardio Variety (Laura) 8:00-8:45am Zumba (Lisa) 10 - 10:45am Wild Card (Richard) 11:00-11:45am		
AFTERNOON (12PM - 5PM)							
Silver Sneakers Classic (Mary) 1:00-1:45pm Line Dancing (Cookie) 12:15-1:00pm	Meditation (Erica) 12:15-12:45pm	Silver Sneakers Classic (Mary) 1:00pm-1:45pm	Meditation (Erica) 12:15-12:45pm	Yoga (Erica) 1:00 - 1:45pm Silver Sneakers Classic (Mary) 1:00 - 1:45pm			
EVENING (5PM-9PM)							
Cycling (Erika) 5:15-6:00 pm Tabata (Richard) 6:05 - 6:50pm Masala Bhangra (Lisa) 7:00-7:45pm	 Boot Camp (Richard) 6:10-6:55pm Jump and Pump (Laura) 6:15-6:45pm Kickboxing (Laura) 7-7:45pm	Cycling (Erika) 5:15-6:00 pm Zumba (Gordana) 5:15 - 6:00 pm Tabata (Richard) 6:05 - 6:50pm Masala Bhangra (Lisa) 7:00-7:45pm	Cycling (Deidrinelle) 5:15-6:15 pm Boot Camp (Richard) 6:10-6:55pm Jump and Pump (Laura) 6:15-6:45pm Kickboxing (Laura) 7-7:45pm				

Specialty Classes:

Small Group Personal Training:
Available to any group at a mutually agreeable day and time. This class is designed to be the middle ground between personal training and group exercise classes. It will be for 4-6 people and will be more intense than classes but not quite the intensity of single person personal training.

*Contact Nick Ferguson for details

Questions or Comments regarding the class schedule?
Contact Nick Ferguson at nickf@akronymca.org