




2016 Fitness Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9-9:45	Toning & Core Lisa K.	 Zumba GOLD Combo Patty M. 9:30-10:30	Toning & Core Lisa K.	
10-10:45	SilverSneakers Classic Lisa K.		SilverSneakers Classic Lisa K.	SilverSneakers Circuit Sally M.
10:45-11:30	SilverSneakers Yoga Lisa K.	SilverSneakers Yoga Sally M.		SilverSneakers Yoga Sally M.

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*** Please be aware; time for retrieving equipment and events scheduled ahead of these class times might not allow the exercise portion of these classes to start right on the hour.*

SILVERSNEAKERS® programs are available only to individuals 65 and over who meet specific eligibility requirements. Separate registration is necessary. This fitness class is also suitable for YMCA program members with specific health concerns e.g. osteoporosis, limited range of movement, high blood pressure.

- **SILVERSNEAKERS Classic (formerly MSROM):** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills.
- **SILVERSNEAKERS CIRCUIT:** Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout.
- **SILVERSNEAKERS Yoga:** Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement.

ADULT FITNESS CLASSES (Ages 16 and up)

Zumba Combo incorporates the below Zumba classes in one workout! See below!

Zumba/Zumba Toning: Zumba is a total body workout that incorporates Latin dances such as Salsa, Meringue, Samba and belly dancing. Join us and experience the hottest new workout. Zumba is so fun it doesn't even feel like a workout. Zumba Toning is an innovative muscle-training program with the addition of a toning stick.

Zumba Gold: Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love, at a lower intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination.

Toning & Core: Toning emphasizes strengthening and conditioning of all major muscle groups including the core while also increasing flexibility. Toning is appropriate for all fitness levels.

ALL ONGOING FITNESS CLASSES

FITNESS ACTIVITY CARD
20 CLASSES FOR \$120

UNLIMITED MONTHLY OPTIONS (MONTHLY DRAFT)
\$25 FOR 65 AND OLDER
\$28 FOR LESS THAN 65YRS.

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akronymca.org

The Y strives to make programs and membership available to all. Financial assistance may be available to those who qualify.

