



# GROUP EXERCISE SCHEDULE

ORRVILLE- March/April 2019

**MON**

8:00am Hi/Lo with Jenni (Studio)  
 9:15am Zumba® with Karrie (Studio)  
 10:15am Yoga Strength Class with Karrie (Studio)  
 10:15am QiGong with Bill (Studio B)  
 5:15pm Zumba® with Brittany (Studio)  
 6:15pm Kettlebell with Karrie (Studio)

**TUE**

5:45am SPIN with Sherry (Cycling Studio)  
 9:05am Step it Up with Jill (Studio)  
 10:15am Yoga with Monica (Studio)  
 10:15am Silver Sneakers Classic® with Carol (MPR)  
 6:00pm Tabata with Tina (Studio)

**WED**

8:00am Hi/Lo with Jenni (Studio)  
 9:00am Cycling with Barb (Cycling Studio)  
 9:15am Zumba® with Karrie (Studio)  
 10:05am Tunes `n` Toning with Karrie (Studio)  
 10:15am QiGong with Bill (Studio B)  
 12:30pm Silver Sneakers® Chair Yoga with Lindsey (MPR)  
 5:15pm Zumba® with Brittany (Studio)  
 6:05pm Fusion Strength with Tina (Studio)

**THUR**

9:05am Step it Up with Jill (Studio)  
 10:15am Yoga with Abbie (Studio)  
 10:15am Silver Sneakers Classic® with Carol (MPR)  
 5:15pm Zumba with Karrie (Studio)  
 6:15pm Vinyasa Yoga Flow with Abbie or Monica (Studio)  
 6:45pm Cycling with Jenni (Cycle Studio) \*Ends March 21<sup>st</sup>

**FRI**

8:00am Hi/Lo with Jenni (Studio)  
 9:15am Zumba® with Brittany (Studio)  
 9:15am Rip60® with Jill (Studio B)  
 10:15am Super Core and Balance with Tina (Studio)

**SAT**

8:30am Tabata with Tina (Studio)  
 9:15am Zumba® with Katie or Denise (Studio)

**CHILD WATCH** is available for ages 2 mo. - 7 years.

**CHILD WATCH HOURS**

\*Schedule subject to change

	MON	TUES	WED	THUR	FRI	SAT
AM	8:00-11:30	9:00-11:30	8:00-11:00	9:00-11:30	8:00-11:00	8:00-10:30
PM	5:00-7:15	5:00-7:00	5:00-7:15	5:00-7:00		



1801 Smucker Road • Orrville, OH 44667 • P 330-683-2153 • [www.ymcawayne.org](http://www.ymcawayne.org)

Thank you to the Orrville Area United Way for their generous support!



## CLASS DESCRIPTIONS and LEVELS

- ◆ **Fusion Strength:** A 30-minute strength building class combining body weight exercises and a variety of equipment to achieve a total body strengthening and toning.
- ◆ **Cycling:** Climb hills, sprint, glide, and really go places with this energetic workout all while riding in a temperature-controlled environment and never leaving the Y!
- **Hi/Lo:** A tried and true yet unique exercise class, you'll enjoy the basics in this hour of movement to music. You will be led through a wide variety of exercises with a focus on balance, an emphasis on stretching, and attention to self-awareness.
- **Kettlebell:** One piece of equipment, one mega workout! This "bootcamp" style class uses kettlebells and interval training techniques to build cardiovascular and muscular strength.
- ▲ **QiGong:** An ancient Chinese system of gentle movements and self-massage that will help improve your physical well-being.
- ▲ **Rip60®:** Rip60 will help you to strengthen, tone, and stretch while challenging our endurance, power and flexibility. This class is located in Studio B and utilizes the suspended training straps.
- ▲ **Silver Sneakers® Chair Yoga:** This chair-based yoga and stretch class is a great way to find balance mid-week!
- ◆ **Silver Sneakers Classic®:** This "core" class through Healthways is designed to increase strength, range of motion, agility, balance, and coordination to improve daily life activities. A chair is often used for seated exercises or standing support.
- ◆ **SPIN & SWIM:** Tuesdays – Indoor cycling class that consists of cardio challenges, varying resistance levels, climbs, sprints, and more. (For information on Swim, see our aquatics schedule.)
- **Step It Up:** Step up your workout with this class that will improve cardio and muscles! This class utilizes basic step moves as well as various strength training exercises for a full body workout.
- **Super Core and Balance:** A 30-minute core building class focusing on muscles that support balance and posture utilizing standing and mat exercises to strengthen abs, glutes and back muscles to maintain or improve balance and core strength.
- **Tunes 'n' Toning:** This 25-minute class is designed to be an addition your cardio workout by targeting abs and arms using exercises set to fun songs.
- ◆ **Tabata:** 30-minute class, upbeat style of interval training that builds from the energy of group exercise! The sets of work and rest are proven to burn more calories than your typical cardio workout.
- **Wellness Center Workout:** If you've ever wanted some direction in the weight room, stop by front desk and schedule a time with one of our wellness center staff on Monday, Wednesday or Friday.
- ◆ **Vinyasa Yoga Flow:** Vinyasa yoga incorporates breath as students flow more rapidly between poses. This class will challenge your strength, balance, and flexibility!

### Land Fitness Fees

Classes included with membership.  
 Non-member \$10 day pass.

*Please see any instructor with any questions about our class offerings!  
 Pick up a pool schedule for aquatics classes.*

### Orrville YMCA Building Hours

Mon-Thurs 5:30am – 9:00pm  
 Friday 5:30am – 8:30pm  
 Saturday 8:00am – 4:00pm

**INTENSITY LEVELS**

- ▲ LOW
- LOW/MED
- ◆ MED/HIGH
- HIGH