



# GROUP EXERCISE SCHEDULE

ORRVILLE-Sept 2019

**MON**

8:00am Hi/Lo with Jenni (Studio)  
9:15am Zumba® with Karrie (Studio)  
10:05am Tunes `n` Toning with Karrie (Studio)  
10:15am QiGong with Bill (Studio B)  
11:00am Delay The Disease (MPR)\*Extra Fee\*  
5:15pm Zumba® with Brittany (Studio)

**TUE**

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 B)

**WED**

5:30 am SPIN with Sherry (Cycle Studio)  
7:15am Sunrise Yoga with Karrie (Studio B)  
8:00am Hi/Lo with Jenni (Studio)  
9:15am Zumba® with Karrie (Studio)  
10:05am Tunes `n` Toning with Nicole (Studio)  
10:15am QiGong with Bill (Studio B)  
11:00 am Silver Sneakers® Chair Yoga with Lindsey (MPR)  
5:15pm Zumba® with Jenna (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)  
6:00pm Kettlebell with Karrie (Studio)  
7:30pm Yoga with Monica (Studio)

**FRI**

7:15am Sunrise Yoga with Monica (Studio B)  
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 Michelle or Denise (Studio)

\*Schedule subject to change



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!



Low Impact	Medium Impact	Core/Strength/Balance
Hi/Lo	Fusion Strength	QiGong
QiGong	Zumba	Super Core & Balance
	Vinyasa Yoga Flow	Yoga Strength
	Tunes 'n' Toning	
	Yoga Strength	
Silver Sneakers Chair Yoga	High Impact	
Silver Sneakers Classic	Cycling	Water Fitness
	Kettlebell	Aquacise
	Rip 60	Aqua Jog
	Step It Up	Hydronamics
	Tabata	Silver Splash
		Water Zumba

- All classes can be adapted to meet fitness level\*

### CHILD WATCH HOURS

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

	MON	TUES	WED	THUR	FRI	SAT
<b>AM</b>	8:00-11:30	8:00-11:30	8:00-11:30	8:00-11:30	8:00-11:00	8:00-10:30
<b>PM</b>	5:00-7:00	5:00-7:00	5:00-7:00	5:00-7:00		

### Land Fitness Fees

Classes included with membership.  
Non-member \$5 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