



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Exercise Schedule

## Fall 2020

### Monday

8:00am **Hi / Lo** with Jenni (Studio A)  
9:00am **Zumba®** with Karrie (Patio)  
9:30am **Zumba®** with Karrie (Studio A)  
\*\*subject to change with weather  
10:15am **QiGong** with Bill (Patio or Studio A)  
5:15pm **Zumba®** with Brittany (Patio or Studio A)  
6:05pm **Fitness Fusion** with Chris (Studio A)

### Tuesday

9:05am **Step it Up** with Jill (Studio A)  
10:15am **Yoga** with Amy (Studio A)  
10:15am **Silver Sneakers Circuit** with Carol (MPR)  
5:15 pm **Tabata** with Tina (Patio or Studio A)

### Wednesday

8:00am **Hi / Lo** with Jenni (Studio A)  
9:15am **Zumba®** with Jenna (Patio or Studio A)  
10:15am **Silver Sneakers Chair Yoga** with Carol (MPR)  
5:15 pm **Zumba®** with Brittany (Patio or Studio A)

### Thursday

9:05am **Step it Up** with Jill (Studio A)  
10:15am **Yoga** with Abbie (Studio A)  
10:15am **Silver Sneakers Circuit** with Carol (MPR)  
5:30pm **Kettlebell** with Karrie (Studio A)

### Friday

8:00am **Hi / Lo** with Jenni (Studio A)  
9:15am **Zumba®** with Brittany (Patio or Studio A)  
10:05am **Strength & Core** with Brittany (Patio or Studio A)

### Saturday

8:30am **Tabata** with Tina (Studio A)  
9:15am **Zumba®** with Denise (Studio A)

Classes are included with a membership. A Non-Member Day Pass is \$10.00.

Our schedule is subject to change without advanced notice.

Spots in classes are first come first serve. Attendance will be limited to 15 patrons indoors or 20 patrons outdoors.

Please do not arrive more than 10 minutes before your class time starts.

Upon arrival to your fitness class, you must stand on a designated area 6 feet apart in Studio A or on the patio outside.

Our water fountains are currently closed, please bring your own water.

Yoga mats will no longer be provided, please bring your own to class.

### Social Distancing Guidelines

- . Locker rooms are open for changing and restrooms only
- . Masks are required when entering/exiting building, and no socializing before/after classes.



1801 Smucker Road, Orrville, Ohio, 44667 . (330) 683 - 2153 . ymcawayne.org  
Thank you to the Orrville Area United Way for their generous support!



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# Group Exercise Policies

Fall 2020

## Group Exercise Class Descriptions

★**Hi / Lo:** A tried and true yet unique exercise class, you'll enjoy the basics in this hour of movement and exercise to music. With a focus on balance, stretching, self-awareness, this is for all ages, sizes, and levels.

◆**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.

◆**Step it Up:** A cardio and strength training class utilizing Tabata, basic step moves, and various strength training exercises with modifications for various levels.

■**Strength & Core:** 30-minute total body strength training and toning class with an emphasis on Core strength. We will use a variety of equipment including weights, weighted bars, medicine balls, stability balls, and body weight exercises.

◆**Tabata:** 30-minute class, upbeat style of training that combines the energy of group exercise with interval training! Burns more fat than typical cardio exercise.

○**Yoga & Virtual Yoga:** Quiet and calm your mind while strengthening and balancing your body! Enjoy Sun salutations and warriors set to beautifully relaxing music.

■**Zumba:** A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. Prepare to have fun! This is a great cardio workout!

■**Fitness Fusion:** a 30-minute strength building class combining body weight exercises and a variety of equipment such as hand weights, weighted bar, bands, and medicine balls to achieve total body strengthening and toning.

HIIT and Move are currently not being offered.

Child watch is currently unavailable.

### Intensity Levels

Low Impact: ★

Medium Impact: ■

High Impact: ◆

Core / Strength / Balance: ○

### Building Hours

Monday–Thursday: 5:30am–9:00pm

Friday: 5:30am–7:00pm

Saturday: 8:00am–2:00pm

Sunday: CLOSED



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