



GROUP EXERCISE SCHEDULE

NORTH CANTON YMCA | Beginning May 12, 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30-11:15am Sunday Sweat (ES) <i>Shameem</i>	5:30-6:30am Bootcamp (ES) <i>Mark</i>	5:30-6:30am Cycling (ES) <i>Stacy</i>	8:00-9:00am Resist-A-Ball (ES) <i>Carly</i>	5:30-6:15am Cycling (ES) <i>Nancy</i>	5:30-6:30am Bootcamp (ES) <i>Jen</i>	8:30-9:15am Mix it UP (ES) <i>Rotation</i>
	9:00-10:00am Yoga (MPR) <i>Danielle</i>	9:00-9:45am Step Intervals (EG) <i>Julianne</i>	9:15-10:00am Fit & Fabulous (EG) <i>Carly</i>	9:00-9:45am Step Intervals (EG) <i>Julianne</i>	9:00-9:45am Total Body Toning (ES) <i>Julianne</i>	9:30-10:30am Zumba (ES) <i>Rotation</i>
	9:00-9:45am Total Body Toning (EG) <i>Carly</i>	9:00-10:00am Power Yoga (MPR) <i>Julia</i>	9:15-10:00am Cardio X (ES) <i>Kate</i>	9:00-10:00am Yoga (MPR) <i>Leslie</i>	9:15-10:00am HIIT (EG) <i>Rachel</i>	10:45-11:45am BodyPump (ES) <i>Tiffany</i>
	9:15-10:00am Cardio X (ES) <i>Kate</i>	9:30-10:15am Cycling (ES) <i>Tim</i>	10:15-11:00am Silver Sneakers (EG) <i>Meghan</i>	9:30-10:15am Cycling (ES) <i>Gabby</i>	10:00-10:45am Zumba Gold (ES) <i>Lisa</i>	
	10:15-11:00am Zumba Gold (ES) <i>Lisa</i>	10:15-11:00am Silver Sneakers (EG) <i>Meghan</i>	10:15-10:45am Core 30 (MPR) <i>Rachel</i>	10:15-11:00am Senior Cardio (EG) <i>Terri</i>	10:15-10:45am Core 30 (MPR) <i>Rachel</i>	
	10:15-11:00am Silver Sneakers (EG) <i>Carly</i>	10:30-11:15am Tai Chi (MPR) <i>Ben</i>	11:05-11:50am Chair Yoga (EG) <i>Mike</i>	10:30-11:15am Tai Chi (MPR) <i>Ben</i>	10:15-11am Chair Tai Chi (EG) <i>Ben</i>	
	11:15am-12:00pm Line Dancing (ES) <i>Janet</i>		11:00-11:30am Fit Like Mom (MPR) <i>Kate</i>		11:15am-12:00pm Line Dancing (ES) <i>Janet</i>	
			11:15am-12:00pm Line Dancing (ES) <i>Janet</i>			
PM CLASSES						
	5:15-6:00pm Bootcamp (ES) <i>Rotation</i>	5:15-6:00pm BodyPump (ES) <i>Karen</i>	1:00-2:00pm Parkinson's Disease & MS (EG)	5:15-6:00pm BodyPump (ES) <i>Karen</i>		
	6:00-7:00pm Yoga (MPR) <i>Corinne</i>	6:00-7:00pm Yoga (MPR) <i>Jamie</i>	4:15-5:15pm Gentle Yoga (MPR) <i>Corinne</i>	6:00-7:00pm Power Yoga (MPR) <i>Shanna</i>		
	6:30-7:30pm Zumba (ES) <i>Nicole</i>	6:00-7:00pm Fitness Challenge* (outside) <i>Mike</i>	5:15-6:00pm Bootcamp (ES) <i>Rotation</i>	6:00-7:00pm Fitness Challenge* (outside) <i>Mike</i>		
		6:30-7:30pm Zumba (ES) <i>Russelle</i>	6:15-7:15pm Cardio Kickboxing (ES) <i>Tiffany</i>	6:30-7:30pm Zumba (ES) <i>Nicole</i>		
						*indicates new class or schedule change

*Indicates that the class is outside. Class is cancelled in the case of inclement weather.

Class Locations: ES=Exercise Studio, EG=East Gym & MPR=Multipurpose Room



GROUP EXERCISE CLASS DESCRIPTIONS

CLASS NAME	LENGTH	DESCRIPTION
Boot Camp	1 hr (am)	Cardio and strength drills stations and short distance running to challenge participants.
LesMILLS BodyPump®	45 min.	The original barbell class, the ideal workout for anyone looking to get lean, toned and fit. All fitness levels welcome.
Cardio Kickboxing	1 hr	A martial arts inspired group fitness format that is both heart-pumping and exhilarating.
Cardio X	45 min.	High Intensity class that will work all muscle groups and get your heart rate up!!
Chair Tai Chi	45 min.	A practice that involves a series of slow gentle movements, physical postures, and controlled breathing while utilizing a chair for balance.
Chair Yoga	45 min.	For all ability levels. Yoga in the chair. Bring your own mat. Enhances mind and body awareness.
Core 30	30 min.	30 minutes of core strengthening exercise, all fitness levels welcome.
Cycling	45 min.	Low to high Intensity cardio workout with no impact to the joints. Must be at least 4ft. 10" tall to fit on the bikes properly. Simulating outdoor cycling with music.
Fit Like Mom	30 min.	This fitness class puts a fun and unique twist on what bonding with your child looks like. Spend quality time with your kiddo and share your love of fitness.
Parkinson's & Multiple Sclerosis	1 hr	Safe and appropriate physical activities and exercises for individuals with Parkinson's disease and multiple sclerosis.
Fitness Challenge	1 hr	Outdoor running with hill repeats and speed intervals (4-6 miles). Stops to regroup. Train for 4th of July Race, your next half marathon or to maintain fitness. WEATHER PERMITTING.
Fit & Fabulous (Low impact)	45 min.	Low impact cardiovascular workout with muscle conditioning using a variety of props.
Gentle Yoga	1 hr	For all ability levels. Bring your own mat. Enhances mind and body awareness. Well rounded strength and flexibility.
High Intensity Interval Training	45 min.	Switch it up with timed segments of cardio, strength and core.
Line Dancing	45 min.	Each line dance is choreographed to a specific song, incorporating a string of moves that become a dance routine. Improving coordination, balance and flexibility.
Power Yoga	1 hr	Moderate to intense class with a strong moving flow that cultivates balance, stability, flexibility and strength. Breath awareness and coordination are carried throughout the practice.
Resist-A-Ball	1 hr	Moderate intensity, low impact class that utilizes an exercise ball for a full body workout that improves core strength, posture, balance and flexibility.
Senior Cardio	45 min.	Low impact cardio, toning and flexibility all in one class. (Chairs available if needed)
SilverSneakers®	45 min.	Increase muscular strength, range of movement and activities for daily living. Hand weights, elastic tubes and a ball are used for resistance. Chair is used for sitting and/or standing.
Step Intervals	45 min.	Moderate to high intensity class that utilizes a step for cardio with intervals consisting of strength training.
Sunday Sweat	1 hr	A different high intensity class each week guarantee to make you sweat!!
Tai Chi	45 min.	A practice that involves a series of slow gentle movements, physical postures and controlled breathing.
Total Body Toning	45 min.	Muscle conditioning for all major muscle groups while incorporating various props with a core segment. Another low impact option!
Yoga	1 hr	For all ability levels. Bring your own mat. Enhances mind and body awareness. Well rounded strength and flexibility.
ZUMBA®	1 hr	Mix of Latin and International music. Interval training format combining various rhythms with movement that tone and sculpt the body.
ZUMBA® Gold	45 min.	Zumba for beginners and seniors. Mix of Latin and International music. Interval training format combining various rhythms with movement that tone and sculpt the body.

CLASS INTENSITY KEY

HIGH INTENSITY

MODERATE INTENSITY

LOW INTENSITY