



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE CLASSES

EFFECTIVE: OCTOBER 30TH – DECEMBER 16TH

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	Toning - Al 6:00-6:45am (A) --	Cycling – Al 6:00-6:45am (C)	Toning - Al 6:00-6:45am (A)	Cycling - Al 6:00-6:45am (C)	Toning – Al 6:00-6:45am (A)	Core Conditioning Andy 9:00-9:45am (A)
	Stretching-Ruth 8:00-8:45am (A)	Cycling – June 7:30-8:15am (C)	Barre - Andy 10:00-10:45am (A)	Cycling – June 7:30-8:15am (C)	Stretching-Ruth 8:00-8:45am (A)	Wild Card June/Andy (K) 10:00-10:45am
	Wild Card -Pepin 9:00-9:45am (K)	Core Conditioning June 8:15-9:00am (A)	LOSE4U - Gary 5:00-6:00pm (K)	Core Conditioning June 8:15-9:00am (A)	Tabata –Andy (A) 9:00 – 9:45 am	
	Power Pump-Pepin 10:00-10:45am(A)	Boot Camp - June 9:00-9:45am (G)	LOSE4U - Gary 6:00-7:00pm (K)	Boot Camp - June 9:00-9:45am (G)	Power Pump-Andy 10:00-10:45am(A)	
	LOSE4U - Gary 5:00-6:00pm (K)	Zumba-Gordana 9:00-9:45am (A)	Yoga - Trish 6:00-6:45pm (B)	Aqua Barre -Andy 12:00-12:45pm(P)	Barre -Andy 12:00-12:45pm(A)	
	LOSE4U - Gary 6:00-7:00pm (K)	Kettlebell- Gordana 10:00-10:45pm (G)	Core Conditioning Andy 6:00-6:45pm (A)	Balloflex- Tammy 5:00-5:45pm (A)		
	Boot Camp - June 6:00-6:45pm (A)	Aqua Barre -Andy 12:00-12:45pm(P)	Power Pump - Andy 7:00-7:45pm (A)	Hatha Yoga - Crystal 6:00-6:45pm (K)		
	Cycling – Beth 6:00-6:45pm (C)	Wild Card-Pepin 10:00-10:45am (K)		Cycling- Crystal 7:00-7:45pm (C)		
	Power Pump - June 7:00-7:45pm (A)	Circuit interval- Pepin 11:00-11:45am (K)		Kickboxing –Megan 7:00-7:45pm (K)		
		Kickboxing - Crystal 5:15-6:00pm (K)				
		Kickboxing - Crystal 6:00-6:45pm (K)				
		Yoga - Crystal 7:00-7:45pm (K)				

Room Key
(A)Aerobic
Studio
(B)Basement
(C)Cycle Room
(G)Gymnasium
(K)Kickboxing
(R)Racquetball
(BR) BASE Room
(P) Pool

Updated:
10/23/17

RIVERFRONT YMCA
544 BROAD BLVD
CUYAHOGA FALLS, OHIO 44221
330 923 9622

akronymca.org

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OLDER ADULT AND YOUTH CLASSES

EFFECTIVE: SEPTEMBER 5TH-OCTOBER 23RD

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	Older Adult Water Exercise Sandra (P) 7:45-8:30am -----	Silver Sneakers® Circuit Ruth (A) 10:00-10:45am -----	Older Adult Water Exercise Sandra (P) 7:45-8:30am -----	Silver Sneakers® Circuit-Anne 10:00-10:30am -----	Older Adult Water Exercise Sandra (P) 7:45-8:30am -----	
	Senioraerobics (Church in Falls) Ruth 9:15-10:00am -----	Silver Sneakers® Classic Ruth (A) 11:00-11:45pm -----	Senioraerobics (Church in Falls) Andy 9:00-9:45am -----	Open Senior Pickleball (G) 12:00-2:00pm -----	Senioraerobics (Church in Falls) Trish 9:15-10:00am -----	
	Silver Sneakers® Classic Ruth (A) 11:00-11:45pm -----	Open Senior Pickleball (G) 12:00-2:00pm -----	Silver Sneakers® Classic Ruth (A) 11:00-11:45pm -----	Kids Boot Camp – Megan (K) 6:00 – 6:45 pm	Silver Sneakers® Classic Andy (A) 11:00-11:45pm -----	
	Arthritis Aquatics Linda (P) 11:15-12:00pm -----	Kids Boot Camp – Megan (A) 6:00 – 6:45 pm	Arthritis Aquatics Linda (P) 11:15-12:00pm -----		Arthritis Exercise Linda (P) 11:15-12:00pm	
	Silver Sneakers® Yoga Ruth (A) 12:00-12:45pm -----		Silver Sneakers® Yoga Ruth (A) 12:00-12:45pm -----			

Room Key
(A)Aerobic Studio
(G)Gym
(P)Pool
(R)Rockwall
(W)Wellness Center

Note: Youth and Teen Wellness are 3 week sessions by appointment.

*Youth Classes

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10/23/17

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