



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Firestone Park YMCA

Winter I - 2018 (Jan 2 - Feb 19)

Group Classes

Boot Camp

An action-packed cardio, strength and combo class that uses high intensity intervals, plyometrics, strength and core training.

Days & Times	Ages	Mem/Program
Tuesday 6:00 - 7:00 pm	16-99	\$0.00/\$40.00
Thursday 6:00 - 7:00 pm	16-99	\$0.00/\$40.00

Yoga

The practice of poses, sequences and breathing techniques to help improve strength, flexibility and balance in body and mind.

Days & Times	Ages	Mem/Program
Thursday 7:00pm-8:00pm	16-99	\$10.00/\$50.00
Tuesday 7:00pm-8:00pm	16-99	\$10.00/\$50.00

Cycling

This class is a stationary cycling workout. It is designed to promote cardiovascular health and increase stamina. Cycling is led by an instructor and motivates you through fun music.

Days & Times	Ages	Mem/Program
Monday 7:00 - 8:00 pm	16-99	\$10.00/\$50.00

Zumba

Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. You are sure to burn calories and have fun!

Days & Times	Ages	Mem/Program
Monday 6:15 - 7:00 pm	13-99	\$0.00/\$40.00
Wednesday 6:15 - 7:00 pm	13-99	\$0.00/\$40.00

Seniorobics

This class is designed to help build cardiovascular endurance, improve flexibility, promote balance, increase muscular strength and enhance your energy level.

Days & Times	Ages	Mem/Program
Thursday 9:00 - 10:00 am	55-99	\$0.00/\$40.00
Tuesday 9:00 - 10:00 am	55-99	\$0.00/\$40.00

SilverSneakers Classic

Have fun and move to the music during a variety of exercises. Designed to increase muscular strength and range of movement for daily living skills and activities, Classic offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support.

Days & Times	Ages	Mem/Program
Monday 9:00 - 10:00 am	55-99	\$0.00/\$40.00
Wednesday 9:00 - 10:00 am	55-99	\$0.00/\$40.00
Friday 9:00 - 10:00am	55-99	\$0.00/\$40.00

SilverSneakers Yoga

Yoga stretch will move your body through a series of seated yoga positions. Chair support is offered to increase flexibility and balance techniques.

Days & Times	Ages	Mem/Program
Fri. 10:15 - 11:00 am	55-100	\$0.00/\$40.00

Register Online at AKRONYMCA.ORG