



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE CLASSES

SEPTEMBER 3RD- OCTOBER 26TH

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	Kickboxing - Angela 5:30-6:15am (K) ----- Stretching-Ruth 8:00-8:45am (A) ----- Wild Card -Pepin 9:00-9:45am (K) ----- Hip Hop Dance- Kristin 9:15-10:00am (C) ----- Power Pump-Pepin 10:00-10:45am(A) ----- LOSE4U - Gary 5:00-6:00pm (K) ----- Boot Camp - Andy 6:00-6:45pm (A) ----- Cycling – Beth 6:00-6:45pm (C) ----- Yoga- Sue 6:00-6:45pm (B) ----- Power Pump - Beth 7:00-7:45pm (A) ----- TRX- Megan (K) 7:00-7:45pm	Kettlebell - Angela 5:30-6:15am (A) ----- Core Conditioning Angela 8:00-8:45am (A) ----- Boot Camp - Angela 9:00-9:45am (G) ----- Hip Hop Dance-Kristin 10:00-10:45am (G) ----- Wild Card-Pepin 10:00-10:45am (K) ----- Toning- Al 5:15-6:00pm (A) ----- Kickboxing Cardio - Crystal 5:15-6:00pm (K) ----- Kickboxing Cardio - Crystal 6:00-6:45pm (K) ----- Zumba- Gordana 6:30-7:15pm (A) ----- Yoga- Crystal 7:00-7:45pm (K) -----	Hip Hop Dance- Kristin 9:15-10:00am (C) ----- Barre - Andy 10:00–10:45am (A) ----- LOSE4U - Gary 5:00-6:00pm (K) ----- Yoga - Trish 6:00-6:45pm (B) ----- Barre - Andy 6:00–6:45pm (A) ----- Power Pump - Andy 7:00-7:45pm (A) ----- TRX- Megan (K) 7:00-7:45pm	Kettlebell -Angela 5:30-6:15am (G) ----- Core Conditioning Angela 8:00-8:45am (A) ----- Boot Camp - Angela 9:00-9:45am (G) ----- Zumba- Gordana 11:00-11:45pm (A) ----- Pilates- Gordana 12:00-12:45pm (A) ----- Toning- Al 5:15-6:00pm (A) ----- Kickboxing Cardio - Crystal 6:00-6:45pm (K) ----- Cycling- Crystal 7:00-7:45pm (C) ----- Hip Hop Dance- Kristin 7:00-7:45pm (A) -----	Kickboxing -Angela 5:30-6:15am (K) ----- Stretching-Ruth 8:00-8:45am (A) ----- Hip Hop Dance- Kristin (C) 9:15 – 10:00am ----- Power Pump-Andy 10:00-10:45am(A) ----- Barre -Andy 12:00-12:45pm(A)	Core Conditioning Andy 9:00-9:45am (A) ----- Cycling- Trish/Rachel 9:00-9:45am (C) ----- Wild Card Andy/June (A) 10:00-10:45am -----

Updated:
9/3/19

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

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.

Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Connect with us!  



FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

OLDER ADULT AND YOUTH CLASSES

SEPTEMBER 3RD- OCTOBER 26TH

<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 ----- Senioraerobics (Church in Falls) Ruth 9:15-10:00am ----- Silver Sneakers® Classic Ruth (A) 11:00-11:45pm ----- Arthritis Aquatics Linda (P) 11:15-12:00pm ----- Silver Sneakers® Yoga Ruth (A) 12:00-12:45pm ----- Kids Boot Camp – Megan (K) 6:00 – 6:45 pm	Silver Sneakers® Circuit Ruth (A) 10:00-10:45am ----- Silver Sneakers® Classic Ruth (A) 11:00-11:45pm ----- Open Senior Pickleball (G) 12:00-2:00pm	Older Adult Water Exercise Sandra (P) 7:45-8:30am ----- Senioraerobics (Church in Falls) Andy 9:00-9:45am ----- Silver Sneakers® Classic Ruth (A) 11:00-11:45pm ----- Arthritis Aquatics Linda (P) 11:15-12:00pm ----- Silver Sneakers® Yoga Ruth (A) 12:00-12:45pm ----- Kids Boot Camp – Megan (K) 6:00 – 6:45 pm	Silver Sneakers® Circuit-Anne 10:00-10:45am ----- Open Senior Pickleball (G) 12:00-2:00pm	Older Adult Water Exercise Sandra (P) 7:45-8:30am ----- Senioraerobics (Church in Falls) Trish 9:15-10:00am ----- Silver Sneakers® Classic Andy (A) 11:00-11:45pm ----- Arthritis Exercise Linda (P) 11:15-12:00pm -----	
				<p>Note: Youth and Teen Wellness are 3 week sessions by appointment.</p> <p>*Youth Classes</p>		<p>Room Key (A)Aerobic Studio (G)Gym (P)Pool (R)Rockwall (W)Wellness Center (C)Cycle Room</p>

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