



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Green YMCA

Fall II (10/27-12/19)

## Group Classes

### Lunchtime Crunchtime

This Fitness Center based workout is designed to allow participants to "jump in" to the class anytime from 12:00 pm - 1:00 pm. A fitness instructor will take you through a guided workout using the equipment on the fitness floor.

Ses	Days & Times	Ages	Mem/Program
Fall II	Monday 12:00 - 1:00	16-99	\$0.00/\$40.00
Fall II	Thursday 12:00 - 1:00	16-99	\$0.00/\$40.00

### Barre

Barre utilizes the ballet barre and/or chairs to incorporate simple ballet positioning to provide an effective core exercise experience for strengthening as well as flexibility for the abdomen, back, and hips.

Ses	Days & Times	Ages	Mem/Program
Fall II	Monday 8:30 - 9:15am (beginner)	16-99	\$0.00/\$40.00
Fall II	Tuesday 6:00 - 6:45pm	16-99	\$0.00/\$40.00
Fall II	Wednesday 10:30 - 11:15am	16-99	\$0.00/\$40.00

### Boot Camp

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

Ses	Days & Times	Ages	Mem/Program
Fall II	Thursday 6:00 - 6:45pm	16-99	\$0.00/\$40.00

### Cardio Variety

Try something different! Cardio Variety is a multi-versatile class that utilizes a variety of aerobic activities, stepping, floor aerobics, weights and intervals.

Ses	Days & Times	Ages	Mem/Program
Fall II	Monday 9:30 - 10:15 am	13-99	\$0.00/\$40.00

### Circuit Interval

This class combines aerobic and anaerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance.

Ses	Days & Times	Ages	Mem/Program
Fall II	Monday 6:00 - 6:45 pm	13-99	\$0.00/\$40.00
Fall II	Sunday 1:15 - 2:00 pm	13-99	\$0.00/\$40.00
Fall II	Wednesday 6:15 - 7:00 pm	13-99	\$0.00/\$40.00
Fall II	Wednesday 9:30 - 10:15 am	13-99	\$0.00/\$40.00

### Core Conditioning

Core Conditioning works to tone and strengthen the mid-section by using effective abdominal, back, and hip exercises.

Ses	Days & Times	Ages	Mem/Program
Fall II	Thursday 5:00 - 5:45 pm	16-99	\$0.00/\$40.00

### 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.

Ses	Days & Times	Ages	Mem/Program
Fall II	Monday 5:30 - 6:15 am	13-99	\$10.00/\$50.00
Fall II	Monday 6:00 - 6:45 pm	13-99	\$10.00/\$50.00
Fall II	Monday 9:30 - 10:00 am *Senior	13-99	\$5.00/\$25.00
Fall II	Wednesday 7:30 - 8:15 am	13-99	\$10.00/\$50.00
Fall II	Wednesday 6:15 - 7:00 pm	13-99	\$10.00/\$50.00
Fall II	Wednesday 9:30 - 10:00 am *Senior	13-99	\$5.00/\$25.00
Fall II	Thursday 6:30 - 7:15 pm	13-99	\$10.00/\$50.00

### Golden Rhythms

This class provide modified, low-impact moves for active older adults, and lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating!

Ses	Days & Times	Ages	Mem/Program
Fall II	Thursday 8:45-9:30 am	55-99	\$0.00/\$40.00

### Kickboxing Cardio

Through a mixture of martial arts and boxing moves, our Kickboxing class includes physical contact with a punching bag while adding a cardio component. Participants must bring their own gloves.

Ses	Days & Times	Ages	Mem/Program
Fall II	Thursday 9:30 - 10:15 am	16-10	\$0.00/\$40.00

### Line Dancing

Enjoy line dancing in a relaxed, fun and positive atmosphere. Learn the basics of building a strong foundation that will motivate you to achieve your highest potential in dance. Whether you dance solo or as a couple, our unique approach to teaching will have you moving across the dance floor in a celebration of movement and melody!

Ses	Days & Times	Ages	Mem/Program
Fall II	Wednesday 8:30 - 9:15 am	16-99	\$0.00/\$40.00

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## Group Classes

### Mommy, Me & Stroller

Fitness for you and bonding time with your child. Class will include walking, stretch moves, and stretching all while allowing you to keep your child with you in a stroller.

Ses	Days & Times	Ages	Mem/Program
Fall II	Monday 11:05 - 11:45 am		\$0.00/\$40.00

### Pilates

This class strengthens and reshapes your abs, back and trunk using lengthening and strengthening exercises along with proper breathing techniques.

Ses	Days & Times	Ages	Mem/Program
Fall II	Tuesday 9:30 - 10:15 am	13-99	\$10.00/\$50.00

### Power Pump

This is a group weight-training workout using bars and plates. This program strengthens and tones every muscle group in the body.

Ses	Days & Times	Ages	Mem/Program
Fall II	Sunday 12:15 - 1:00 pm	13-99	\$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.

Ses	Days & Times	Ages	Mem/Program
Fall II	Monday & Wednesday 9:30 - 10:15 am	50-99	\$0.00/\$65.00
Fall II	Tuesday 8:45 - 9:30 am	50-99	\$0.00/\$40.00
Fall II	Thursday 9:45 - 10:30 am	50-99	\$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.

Ses	Days & Times	Ages	Mem/Program
Fall II	Monday & Friday 8:30 - 9:15 am	50-99	\$0.00/\$65.00

### Step & Sculpt

Step into a great cardiovascular endurance class using a bench and risers, fun music and a motivational instructor to give you a full body workout that you are sure to love. This class also offers muscle conditioning.

Ses	Days & Times	Ages	Mem/Program
Fall II	(beginner) Monday 9:30 - 10:15 am	13-99	\$0.00/\$40.00
Fall II	(beginner) Thursday 8:30 - 9:15 am	13-99	\$0.00/\$40.00

### Stretching for Better Performance

Feeling a little stiff? Performance stretching will help prepare you for basic physical activity, help you unwind after exertion, increase flexibility and blood flow to the muscles, ligaments and tendons by providing cells with more oxygen and nutrients.

Ses	Days & Times	Ages	Mem/Program
Fall II	Tuesday 8:30 - 9:15 am		\$0.00/\$40.00
Fall II	Thursday 8:30 - 9:15 am		\$0.00/\$40.00
Fall II	Thursday 11:30 - 12:15 pm		\$0.00/\$40.00

### Tabata

Combines aerobic and anerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance. This class is not recommended for women who are pregnant.

Ses	Days & Times	Ages	Mem/Program
Fall II	Tuesday 9:45 - 10:30 am	13-99	\$0.00/\$40.00
Fall II	Tuesday 5:00 - 5:45 pm	13-99	\$0.00/\$40.00

### Tai Chi

Learn the various traditional Tai Chi stances, postures, and exercises. The focus is on relaxation, coordination, balance, mobility, as well as overall health and wellness through improving Chi.

Ses	Days & Times	Ages	Mem/Program
Fall II	Tues & Thurs 10:30 - 11:15 am	18-10	\$20.00/\$65.00

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## Group Classes

### Toning

Toning emphasizes strengthening and conditioning of all major muscle groups while also increasing flexibility. Toning is appropriate for all fitness levels.

Ses	Days & Times	Ages	Mem/Program
Fall II	Monday 5:30 - 6:15 am	13-99	\$0.00/\$40.00
Fall II	Monday 8:30 - 9:15 am	13-99	\$0.00/\$40.00
Fall II	Monday 11:30 - 12:15 pm	13-99	\$0.00/\$40.00
Fall II	Monday 5:00 - 5:45 pm	13-99	\$0.00/\$40.00
Fall II	Wednesday 8:30 - 9:15 am	13-99	\$0.00/\$40.00
Fall II	Wednesday 10:30 - 11:15 am	13-99	\$0.00/\$40.00
Fall II	Thursday 7:00 - 7:45 pm	13-99	\$0.00/\$40.00
Fall II	Wednesday 5:00 - 5:45 pm	13-99	\$0.00/\$40.00

### TRX Training

Each session incorporates TRX suspension strength training combined with dynamic bodyweight exercises to strengthen, tone and shred. Intermediate to advanced level.

Ses	Days & Times	Ages	Mem/Program
Fall II	Tuesday 8:45 - 9:30am	16-99	\$0.00/\$40.00

### Wild Card

Take a walk on the wild side and mix up your workout! Wild Card offers a new exercise each week. Wild Card exercises may include boot camp, kickboxing, pilates, cycling, toning or other classes.

Ses	Days & Times	Ages	Mem/Program
Fall II	Tuesday 6:00 - 6:45 pm	13-99	\$0.00/\$40.00

### Ashtanga Vinyasa (Yoga)

Yoga focuses on transitional flexibility movements and requires you to use body strength and proper breathing techniques.

Ses	Days & Times	Ages	Mem/Program
Fall II	Tuesday 5:30 - 6:30 am		\$10.00/\$50.00
Fall II	Wednesday 5:30 - 6:30 am		\$10.00/\$50.00
Fall II	Thursday 5:30 - 6:30 am		\$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!

Ses	Days & Times	Ages	Mem/Program
Fall II	Monday 10:30 - 11:15 am	13-99	\$0.00/\$40.00
Fall II	Tuesday 6:00 - 6:45 pm	13-99	\$0.00/\$40.00
Fall II	Thursday 6:00 - 6:45 pm	13-99	\$0.00/\$40.00

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## Sports & Youth Programs

### Tot-Time

This class is designed for parent and young child to encourage movement and dance to the rhythms of music and fun!

Ses	Days & Times	Ages	Mem/Program
Fall II	Monday 10:30am - 11:00am	Max 3	\$0.00/\$40.00

### Wee Tumblers

With parental assistance, Wee Tumblers helps the development of gross motor skills and basic motor skills that are formed during early childhood.

Ses	Days & Times	Ages	Mem/Program
Fall II	Thursday 10:45 - 11:15 am	1-3	\$30.00/\$60.00

*\* Parent/child participation class*

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(330) 899-9622

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