

MONDAY

TONING
8:15-9:00 AM
JESSICA

CYCLING
5:00 – 5:45 PM
ERIKA

ZUMBA
6:15 – 7:00 PM
APRIL

TUESDAY

PICKLEBALL
7:00 – 8:45AM

ZUMBA
9:00 – 9:45 AM
MARGIE

SILVER SNEAKERS CLASSIC
10:00-10:45 AM
JANE

SILVER SNEAKERS CLASSIC
11:00-11:45 AM
JANE

FAMILY BASKETBALL
4:00 – 7:45 PM

WEDNESDAY

TONING
8:15-9:00 AM
BETH

SILVER SNEAKERS CLASSIC
10:00-10:45 AM
BETH

SILVER SNEAKERS CLASSIC
11:00-11:45 AM
BETH

SILVER SNEAKERS YOGA
12:00 – 12:45 PM
RICHARD

CYCLING
5:00 – 5:45 PM
ERIKA

ZUMBA
6:15 – 7:00 PM
APRIL

THURSDAY

PICKLEBALL
7:00 – 8:45AM

SILVER SNEAKERS CLASSIC
10:00-10:45 AM
JANE

SILVER SNEAKERS CLASSIC
11:00-11:45 AM
JANE

FAMILY BASKETBALL
4:00 – 7:45 PM

FRIDAY

TONING
8:15-9:00 AM
JESSICA

PICKLEBALL
9:15 – 10:45AM

SILVER SNEAKERS YOGA
11:00 – 11:45 AM
RICHARD

SATURDAY

WERO
9:00 AM – 9:45 AM
TONG

Blue classes
will be held
in the gym

Green classes
will be held in
the cycling
room

All locations
are subject
to change

Family basketball reservations
must be made in advance by
calling the front desk or online
45 minute time slots
Up to 5 people from the same
membership account

330-745-9622
Akronymca.org/lakeanna

CLASS DESCRIPTIONS – Group exercise classes are for all levels of fitness. Inform the instructor if you are new to the Y, we are happy to show modifications for all levels of fitness.

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.

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.

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

WERQ – WERQ is the wildly addictive cardio dance class based on the hottest pop and hip hop music.

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

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!