



MONDAY

TONING
8:15-9:00 AM
JESSICA

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

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

THURSDAY

PICKLEBALL
7:00 – 8:45AM

TAI CHI
9:00 – 9:45 AM
WILLIE

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

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

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

CYCLING
5:00 – 5:45 PM
ERIKA

ZUMBA
6:15 – 7:00 PM
APRIL

YOGA
7:00 – 7:45 PM
NICOLE

YOGA
6:30 – 7:15 PM
CELIA

CORE CONDITIONING
7:00 – 7:45 PM
EDNA

CYCLING
5:00 – 5:45 PM
ERIKA

ZUMBA
6:15 – 7:00 PM
APRIL

TABATA
6:00 – 6:45 PM
KELLIE

CARDIO VARIETY
7:00 – 7:45 PM
EDNA

GREEN
classes
will be
held in
the gym

BLUE
classes will
be held in
the cycling
room

**Registration is NOT
required**

**Classes are offered on
a first- come, first-
served basis**

**All classes offered are
FREE to MEMBERS**

**Classes are \$15 per
class for program
members per class**

Contact Ali Ziegler with
questions
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.

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

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

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.

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.

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

Tai Chi – Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi promotes serenity through gentle movements, connecting the mind and body. Modifications for seated exercise available.

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

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!