



## MONDAY

TONING  
8:15-9:00 AM  
JESSICA

PICKLEBALL  
10:30 AM - 1:00 PM

CYCLING  
4:45 - 5:30 PM  
ERIKA

ZUMBA  
6:15 - 7:00 PM  
APRIL

## TUESDAY

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

YOGA  
6:30 - 7:15 PM  
CELIA

CORE CONDITIONING  
7:00 - 7:45 PM  
EDNA

## WEDNESDAY

TONING  
8:15-9:00 AM  
BETH

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

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

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

PICKLEBALL  
12:00 - 3:00 PM

CYCLING  
4:45 - 5:30 PM  
ERIKA

ZUMBA  
6:15 - 7:00 PM  
APRIL

## THURSDAY

YOGA  
8:00 - 8:45 AM  
NICOLE

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

TABATA  
6:00 - 6:45 PM  
KELLIE

CARDIO VARIETY  
7:00 - 7:45 PM  
EDNA

## FRIDAY

CYCLING  
6:15 - 7:00 AM  
RICHELLE

TONING  
8:15-9:00 AM  
JESSICA

PICKLEBALL  
9:15 AM - 12:00 PM

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

PICKLEBALL  
5:00-7:30 PM

## SATURDAY

ZUMBA  
9:30 AM -10:15 AM  
APRIL

PICKLEBALL  
10:00 AM - 1:00PM

**GREEN**  
classes  
will be  
held in  
the gym

**BLUE**  
classes will  
be held in  
the cycling  
room

**ORANGE** classes will  
be held in the group ex  
room

Registration is NOT  
required

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

All classes offered are  
**FREE** to MEMBERS

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!