WADSWORTH YMCA • 330.334.9622 • Akronymca.org
GROUP EXERCISE SCHEDULE

the YMCA
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIVILTY

Updated
October, 29 2026

This Schedule is ongoing & updated as needed.

MONDAY AM

TONING
5:35-6:20 AM
Amanda J

CYCLING
6:00-6:45 AM
Heather K

CYCLING
8:00-8:45 AM
Autumn M

TABATA
8:45-9:30 AM
Sam W

YOGA
9:30-10:15 AM
Katie K.

ZUMBA
9:45-10:30 AM
Christi U

SILVER SNEAKERS CLASSIC
10:45-11:30 AM
Sue K

PILATES FOR SENIORS
11:45 AM -12:15 PM
Sue K

MONDAY PM

TONING
5:30-6:15 AM
Megan M

***BEGINNGER CYCLING**
5:45-6:15 PM
Wendy T

*On the first Monday of every month Wendy will be doing two cycling classes. Beginner at 5:45pm & regular at 6:30pm. The rest of the month her Beginner Cycling Class will be held at 6:00pm.

CYCLING
6:00-6:45 PM
Wendy T

CARDIO DRUM
6:30-7:15 PM
Lisa B

TUESDAY

TABATA (CORE)
6:00-6:45 AM
Heather K

YOGA
9:00-9:45 AM
Jennie P

CYCLING
9:00-9:45 AM
Teri N

SENIOROBICS
9:00-9:45 AM
Burga S

SILVER SNEAKER CLASSIC
10:00-10:45 AM
Burga S

YOGA
10:00-10:45 AM
Abby M

SILVER SNEAKER YOGA
11:00-11:45 AM
Burga S

PM

BOOT CAMP
4:45-5:30 PM
Kerry C

CYCLING
5:30-6:15 PM
Connie H

YOGA
6:30-7:15 PM
Elizabeth J

DANCE & DUMBBELLS
6:30-7:15 PM
Tricia M

WEDNESDAY AM

CYCLING
5:35-6:15 AM
Amanda J

TONING
5:45-6:20 AM
Kristen S

CYCLING
8:00 -8:45 AM
Lisa C

POWER YOGA
9:00-9:45 AM
Denisa S

SHiNE
9:45-10:30 AM
Chrisi B

YOGA FOR STRETCH
10:00-10:45 AM
Denisa S

SILVER SNEAKERS CLASSIC
10:45-11:30 AM
Sue K

PILATES FOR SENIORS
11:45 AM -12:15 PM
Sue K

WEDNESDAY PM

TABATA
5:30-6:15 PM
Megan M

SHiNE
6:30-7:15 PM
Christi B.

CYCLING
6:30-7:15 PM
Katie T

THURSDAY

BOOT CAMP
6:00-6:45 AM
Heather K

ZUMBA
8:00-8:45 AM
Shannon S

SENIOR TONNING
9:00-9:45 AM
Burga

CYCLING
9:00-9:45 AM
Teri N

YOGA
9:30-10:15 AM
Denisa S

SILVER SNEAKERS CLASSIC
10:00-10:45 AM
Burga S

YOGA FOR STRETCH
10:30-11:15 AM
Denisa S

SILVER SNEAKER YOGA
11:00-11:45 AM
Burga S

PM

CYCLING
5:30-6:15 PM
Margo O

YOGA
5:30-6:15 PM
Denisa J.

DANCE & DUMBBELLS
6:30-7:15 PM
Tricia M

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FRIDAY

CYCLING
5:35-6:20 AM
Amanda J

REV+FLOW
8:45-9:30 AM
Jenna W

YOGA
9:30-10:15 AM
Katie K

ZUMBA
9:45-10:30 AM
Christi U

CARDIO DRUM
10:45-11:30 AM
Lisa B

PM

CYCLING
5:30-6:15 PM
Kerry C

SATURDAY

TONING
8:45-9:30 AM
Megan M

CYCLING
9:00-9:45 AM
Margo M

SHiNE
9:45-10:30 AM
Tricia M

BOOT CAMP
10:45-11:30 AM
Kerry C

Classes are:

- FREE (With Membership)
- Drop in ONLY
- On a First Come First Serve Basis
- Ages 16+ Senior Classes 55+

RED Classes held in Group Exercise Room
(Located inside fitness center)

PURPLE CLASSES HELD IN CYCLING ROOM
(Located near top of stair well)

GREEN CLASSES HELD IN WEST ROOM
(Located near the track entrance)

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.

Boot Camp - Boot Camp is an action-packed cardio, strength and combo class that uses high-intensity intervals, plyometrics, strength and core training. This class is not recommended for pregnant women.

Cardio Drum - High intensity drumming providing a full body workout while remaining fun enough for anyone to do with no training and basic equipment.

Beginning Cycling - Learn the basics of cycling and gain confidence in a low intensity class while still getting a great workout.

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.

Kettlebell - Each workout can be done using just one kettlebell and your bodyweight. Mixing flexibility, mobility and strength. Kettlebell training and bodyweight training can be for beginners to advanced.

Silver Sneakers 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.

Silver Sneakers Yoga - Yoga stretch will move your body through a series of seated yoga positions. Chair support is offered to increase flexibility and balance techniques.

Seniorobics - This class is designed to help build cardiovascular endurance, improve flexibility, promote balance, increase muscular strength and enhance your energy level.

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

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

SHiNE - SHiNE Dance Fitness brings original routines to life using hit music and choreography for all-abilities.

Tabata (core) - Combines aerobic and anaerobic segments with intense drills to boost your metabolism and increase our cardiovascular endurance. This class is not recommended for pregnant women.

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

Yoga - Yoga focuses on transitional flexibility movements and requires you to use body strength and proper breathing techniques. **(Beginner = For Beginners) (For Stretch = Extra Stretch) (Power = Harder)**

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!

Dance & Dumbbells - Utilizing different types of dance to get a full-body aerobic workout while adding in light work for toning, this class will provide fun, high energy fitness for all ability levels.