

# YMCA FITNESS CLASS SCHEDULE / ST. JOHN ARENA

**\*BEGINNING 06/01/2020\***

NO 5 AM CLASSES YET NO FIVE AM CLASSES YET NO 5AM CLASSES YET NO 5AM CLASSES YET

Room A	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00 8:00AM		7:30 Yoga with Angel		7:30 Yoga with Angel		
	8:00-9:00 a						
	9:00 10:00a	SilverSneakers Classic		SilverSneakers Classic		SilverSneakers Classic	
	10:00-11:00a	Balance and Fall Prevention 10:00-10:15a		Balance and Fall Prevention 10:00-10:15a		Balance and Fall Prevention 10:00-10:15a	
		SilverSneakers Classic		SilverSneakers Classic		SilverSneakers Classic	
	5:30-6:30p	Run with Me	Cardio+Weights	Butts & Guts	Pound		
Room B	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Studio B</b>	5:00a-5:45 a						
	8:00a-8:45a	Commit 2 Fit		Commit 2 Fit			
	8:30-9:30a		Pilates With Tracy		Toning and Trimming With Tracy		
	9:00-10:00a	Zumba		Zumba		Zumba	Body Sculpting
	10:30-11:30a	Beginner Yoga With Nonie		Beginner Yoga with Nonie		Beginner Yoga with Nonie	
	11:30a-12:30p						
	4:30-5:45						
	5:00-6:00pm	Yoga with Angel	Circuit Training w/ Marci Starting 6/22	Yoga with Angel	Circuit Training w/ Marci Starting 6/22		
	7:00-8:00pm						
Room	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>S P I N N I N G R O O M</b>	5:15-6:00a						
	6:15a-7:00a	Spinning with Marci	Spinning With Chuck	Spinning with Marci			
	7:30a-8:30a						Spinning With Mike
	5:30-6:15p			Spinning With Chuck			
	6:45-7:30p						

**All fitness classes are included in your membership.**

**For Cancellations, please call before class or check us out on Facebook (Steubenville YMCA)**

**ALL UNSUPERVISED CHILDREN UNDER THE AGE OF 8 MUST BE SIGNED INTO CHILD WATCH WHILE PARENT IS USING THE FACILITY**



<b>Class Name</b>	<b>Instructor Name</b>	<b>Class Description</b>
♦ Balance and Fall Prevention	Flora	This is a 15 minute class that teaches participants exercises that can help them increase their balance and contribute to fall prevention
♦ Body Sculpting	Patty	Achieve your goals with select exercises designed to give you the physique you want
♦ Cardio + Weights	Tiffany	Get a great workout in by combining cardio exercises with barbell resistance training
♦ Commit 2 Fit	Marci	Interval Training — Cardio activity alternated with weight intervals.
♦ Butts & Guts	Tiffany	This class will tone your core, glutes and thighs.
♦ Kettlebells	Marci	This workout combines the benefits of kettlebell training with a high-intensity cardio workout to help you build muscle, increase power, and get lean.
♦ More Fit Silversneakers	Flora	This class is similar to the Silversneakers Classic but is geared to individuals with a little higher fitness level and is not chair based
♦ Pound	Tiffany	Rock out in this class that uses drumsticks to get your heart rate up and build endurance
♦ Run With Me	Tiffany	Beginners running class. 3.5 miles outside with some hills. Conditioning. Run/Walk
♦ Silversneakers Classic	Flora	This is a chair based Silversneakers class geared towards helping seniors maintain their activities of daily living through exercises that help build strength, flexibility, stamina, and balance
♦ Spinning	Mike Chuck Marci	Get your heart rate up while you build endurance in these interval based stationary bike classes
♦ Strength & Toning	Flora	Increase your strength and muscle tone in this low impact and low weight class
• Zumba	Patty	Get a complete workout in while you dance to Latin music
• Circuit Training	Marci	Varies day by day some weights, kettlebells, calisthenics can be high or low impact and will at times be on the floor
♦ Toning & Trimming	Tracy	Mixture of Aerobics & Pilates involving floor workout, bands, weights and stretch pole.
♦ Yoga	Nonie Michelle Angel	Practice breathing techniques, exercise and meditation. It helps to improve health and happiness.