



# GROUP EXERCISE SCHEDULE

NORTH CANTON YMCA | October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-6:30am <b>Boot Camp</b> (ES) <i>Mark</i>	5:30-6:30am <b>Cycling</b> (ES) <i>Stacy</i>	8:00-9:00am <b>Resist-A-Ball</b> (ES) <i>Carly</i>	5:30-6:15am <b>Cycling</b> (ES) <i>Nancy</i>	5:30-6:30am <b>Boot Camp</b> (ES) <i>Jen</i>	7:00-8:00am <b>Yoga</b> (MPR) <i>Rotation</i>
	9:00-10:00am <b>Yoga</b> (MPR) <i>Danielle</i>	9:00-9:45am <b>Step Intervals</b> (EG) <i>Lisa</i>	9:15-10:00am <b>Chair Cardio</b> (EG) <i>Carly</i>	9:00-9:45am <b>Step Intervals</b> (ES) <i>Lisa</i>	8:15-8:45am <b>Step Express</b> (ES) <i>Lisa</i>	7:30-8:30am <b>Fitness Challenge*</b> (outside) <i>Mike</i>
	9:00-9:45am <b>Total Body Toning</b> (EG) <i>Carly</i>	9:00-10:00am <b>Power Yoga</b> (MPR) <i>Julia</i>	9:15-10:00am <b>Cardio X</b> (ES) <i>Melissa</i>	9:00-10:00am <b>Yoga</b> (MPR) <i>Leslie</i>	9:00-9:45am <b>Total Body Toning</b> (ES) <i>Julianne</i>	8:30-9:15am <b>Mix it UP</b> (ES) <i>Rotation</i>
	9:15-10:00am <b>Cardio X</b> (ES) <i>Melissa</i>	9:30-10:15am <b>Cycling</b> (ES) <i>Tim</i>	10:15-11:00am <b>Silver Sneakers</b> (EG) <i>Meghan</i>	9:30-10:15am <b>Cycling</b> (ES) <i>Gabby</i>	9:00-10:00am <b>Yoga</b> (MPR) <i>Ginger</i>	9:30-10:30am <b>Zumba</b> (ES) <i>Rotation</i>
	10:15-11:00am <b>Zumba Gold</b> (ES) <i>Lisa</i>	10:15-11:00am <b>Silver Sneakers</b> (EG) <i>Meghan</i>	11:05-11:50am <b>Chair Yoga</b> (EG) <i>Mike</i>	10:00-11:00am <b>Fit &amp; Fabulous</b> Plain Twp. <i>Carly</i>	9:15-10:00am <b>HIIT</b> (EG) <i>Rachel</i>	10:45-11:45am <b>BodyPump</b> (ES) <i>Tiffany</i>
	10:15-11:00am <b>Silver Sneakers</b> (EG) <i>Carly</i>	10:30-11:15am <b>BodyPump</b> (ES) <i>Julianne</i>	11:15am-12:00pm <b>Line Dancing</b> (ES) <i>Janet</i>	10:15-11:00am <b>Senior Cardio</b> (EG) <i>Terri</i>	10:15-11:00am <b>Zumba Gold</b> (ES) <i>Lisa</i>	
	11:15am-12:00pm <b>Line Dancing</b> (ES) <i>Janet</i>	10:30-11:15am <b>Tai Chi</b> (MPR) <i>Ben</i>		10:30-11:15am <b>BodyPump</b> (ES) <i>Julianne</i>	10:15-10:45am <b>Pilates</b> (MPR) <i>Rachel</i>	
				10:30-11:15am <b>Tai Chi</b> (MPR) <i>Ben</i>	10:15-11:00am <b>Chair Tai Chi</b> (EG) <i>Ben</i>	
					11:15am-12:00pm <b>Line Dancing</b> (ES) <i>Janet</i>	
PM CLASSES						
	5:30-6:15pm <b>Boot Camp</b> (ES) <i>Rotation</i>	5:30-6:15pm <b>BodyPump</b> (ES) <i>Karen</i>	1:00-2:00pm <b>Exercise for Parkinson's &amp; MS</b> (EG) <i>Barb</i>	5:30-6:15pm <b>BodyPump</b> (ES) <i>Karen</i>		
	6:00-7:00pm <b>Yoga</b> (MPR) <i>Corinne</i>	6:00-7:00pm <b>Yoga</b> (MPR) <i>Jamie</i>	4:15-5:15pm <b>Gentle Yoga</b> (MPR) <i>Corinne</i>	6:30-7:30pm <b>Power Yoga</b> (MPR) <i>Shanna</i>		
	6:30-7:30pm <b>Zumba</b> (ES) <i>Nicole</i>	6:30-7:30pm <b>Zumba</b> (ES) <i>Russelle</i>	5:30-6:15pm <b>Boot Camp</b> (ES) <i>Rotation</i>	6:30-7:30pm <b>Zumba</b> (ES) <i>Nicole</i>		
			6:00-7:00pm <b>Fitness Challenge*</b> (outside) <i>Mike</i>			Plain Twp. Diamond Sports Complex 2782 Diamond St NE, Canton
			6:30-7:30pm <b>Yogalates</b> (ES) <i>Tiffany</i>			*indicates new class or schedule change

\*Indicates that the class is outside. Class is cancelled in the case of inclement weather.

**Class Locations:** ES=Exercise Studio, EG=East Gym & MPR=Multipurpose Room



# GROUP EXERCISE CLASS DESCRIPTIONS

CLASS NAME	LENGTH	DESCRIPTION
<b>Boot Camp</b>	1 hr (am) 45 min. (pm)	Cardio and strength drills stations and short distance running to challenge participants.
<b>LesMILLS BodyPump®</b>	45 min.	The original barbell class, the ideal workout for anyone looking to get lean, toned and fit. All fitness levels welcome.
<b>Cardio X</b>	45 min.	High Intensity class that will work all muscle groups and get your heart rate up!!
<b>Chair Cardio</b>	45min.	Low impact cardiovascular workout with muscle conditioning using a variety of props and a chair for balance.
<b>Chair Tai Chi</b>	45 min.	A practice that involves a series of slow gentle movements, physical postures, and controlled breathing while utilizing a chair for balance.
<b>Chair Yoga</b>	45 min.	For all ability levels. Yoga in the chair. Bring your own mat. Enhances mind and body awareness.
<b>Cycling</b>	45 min.	Low to high Intensity cardio workout with no impact to the joints. Must be at least 4ft. 10" tall to fit on the bikes properly. Simulating outdoor cycling with music.
<b>Exercise for Parkinson's &amp; Multiple Sclerosis</b>	1 hr	Safe and appropriate physical activities and exercises for individuals with Parkinson's disease and multiple sclerosis.
<b>Fitness Challenge</b>	1 hr	Outdoor running with hill repeats and speed intervals (4-6 miles). Stops to regroup. Train for 4th of July Race, your next half marathon or to maintain fitness. WEATHER PERMITTING
<b>Fit &amp; Fabulous (Low impact)</b>	45 min.	Low impact cardiovascular workout with muscle conditioning using a variety of props
<b>Gentle Yoga</b>	1 hr	For all ability levels. Bring your own mat. Enhances mind and body awareness. Well rounded strength and flexibility.
<b>High Intensity Interval Training (HIIT)</b>	45 min.	Switch it up with timed segments of cardio, strength and core.
<b>Line Dancing</b>	45 min.	Each line dance is choreographed to a specific song, incorporating a string of moves that become a dance routine. Improving coordination, balance and flexibility
<b>Pilates</b>	30min.	A series of exercises that focuses on core strength, balance, flexibility, and postures.
<b>Power Yoga</b>	1 hr	Moderate to intense class with a strong moving flow that cultivates balance, stability, flexibility and strength. Breath awareness and coordination are carried throughout the practice.
<b>Resist-A-Ball</b>	1 hr	Moderate intensity, low impact class that utilizes an exercise ball for a full body workout that improves core strength, posture, balance and flexibility.
<b>Senior Cardio</b>	45 min.	Low impact cardio, toning and flexibility all in one class. (Chairs available if needed)
<b>SilverSneakers®</b>	45 min.	Increase muscular strength, range of movement and activities for daily living. Hand weights, elastic tubes and a ball are used for resistance. Chair is used for sitting and/or standing.
<b>Step Express</b>	30 min.	High energy class that gets your heart pumping by utilizing a step and risers!!
<b>Step Intervals</b>	45 min.	Moderate to high intensity class that utilizes a step for cardio with intervals consisting of strength
<b>Tai Chi</b>	45 min.	A practice that involves a series of slow gentle movements, physical postures and controlled breathing.
<b>Total Body Toning</b>	45 min.	Muscle conditioning for all major muscle groups while incorporating various props with a core segment. Another low impact option!
<b>Yoga</b>	1 hr	For all ability levels. Bring your own mat. Enhances mind and body awareness. Well rounded
<b>Yogalates</b>	1 hr	A low-impact, full-body workout that combines yoga and Pilates moves to improve strength, flexibility, and balance, while also increasing core strength and improving posture.
<b>ZUMBA®</b>	1 hr	Mix of Latin and International music. Interval training format combining various rhythms with
<b>ZUMBA® Gold</b>	45 min.	Zumba for beginners and seniors. Mix of Latin and International music. Interval training format combining various rhythms with movement that tone and sculpt the body.

**CLASS INTENSITY KEY**

**HIGH INTENSITY**

**MODERATE INTENSITY**

**LOW INTENSITY**