



YMCA of Youngstown Central

Spin and Yoga

January 4-31, 2021

Group Exercise Studio

Download the [MindBody App](#) to Register for all classes.

Please bring a mat, towel, water. No towels or mats will be provided.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:45 AM		Spin w/John		Spin w/John		
8:30-9:30 AM	Spin 8:30-9:15 w/ Meri	Spin w/Lisa		Spin w/Sandy	Spin w/Melanie	
9:00-10:00 AM						Spin w/Marlene
9:30-10:30 AM			NEW! Spin-N-Tone w/Meri			
10:30-11:30 AM		SilverSneakers w/ Debbie		SilverSneakers w/ Debbie		
10:45-11:45 AM		Yoga w/Kathy in Community Gym				
12:15-12:45 PM		Stretch Express w/Carl in Community Gym		Stretch Express w/Carl in Community Gym		
4:30-5:15 PM		Spin w/Sandy		Spin w/Lynn		
5:00-5:45 PM			Rock-N-Spin w/Pammy			
5:30-6:30 PM	Spin w/Chris					
6:30-7:30 PM			Gentle Yoga w/Audrey			

Class Descriptions

Gentle Yoga: THIS GENTLE CLASS WILL GUIDE YOU THROUGH BODY OPENING POSES, LOOSENING TENSION AND RELIEVING STRESS. MOVING AT A SLOWER PACE AND HOLDING STRETCHES LONGER WILL ALLOW YOU TO RELAX YOUR MIND AND YOUR BODY. LEAVE RELAXED, CONTENT, AND READY TO TAKE ON THE DAY!

Rock-N-Spin: End your Wednesday right with this fun and invigorating class led by our very own Pammy O.! A unique class done on stationary bikes with an instructor that leads you through a workout that simulates riding outside. Best of all, anyone at any fitness level can ride! Bring water and towel! First time spinners should report 15 minutes early.

SilverSneakers: HAVE FUN AND MOVE TO THE MUSIC THROUGH A VARIETY OF EXERCISES DESIGNED TO INCREASE MUSCULAR STRENGTH, RANGE OF MOVEMENT AND ACTIVITIES FOR DAILY LIVING. HAND-HELD WEIGHTS, ELASTIC TUBING WITH HANDLES AND A SILVER SNEAKERS BALL ARE OFFERED FOR RESISTANCE. A CHAIR IS AVAILABLE IF NEEDED FOR SEATED OR STANDING SUPPORT.

Spinning: A unique class done on stationary bikes with an instructor that leads you through a workout that simulates riding outside. Best of all, anyone at any fitness level can ride! Bring water, and a towel! First time spinners should report 15 minutes early.

Spin-N-Tone: 30 minutes of spinning followed by 30 minutes of strength (off of the bike) gets you a total body workout.

Stretch Express: A great class to take on your lunchbreak. Lengthen your muscles and alleviate aches and pains from sitting all day.

Yoga: A traditional form of exercise that promotes stress relief, Yoga utilizes various positions and techniques to enhance relaxation, balance, and flexibility. This hour-long class is a great complement to aerobic classes and weight training.



YMCA of Youngstown Central

High Performance Studio #2

January 4-31, 2021

Group Exercise Studio

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Please bring a mat, towel, water. No towels or mats will be provided.

[Paid classes, please register at the front desk.](#)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – 6:45 AM	HIIT w/John		HIIT w/John			
9:00-10:00 AM	Basic Jump Stretch		Basic Jump Stretch		Basic Jump Stretch	
10:30-11:30 AM					12 Rounds w/Clemate	
11:30AM-12:15PM						Little Warrior Workout (Ages 8-12)
4:00 – 5:00 PM	*Athletic Jump Stretch (Paid)		*Athletic Jump Stretch (Paid)			
5:15-6:15 PM		*Athletic Jump Stretch (Paid)		*Athletic Jump Stretch (Paid)		
5:30-6:30PM	12 Rounds w/Julius	6:30-7:30 Basic Jump Stretch	12 Rounds w/Clemate			

Athletic Jump Stretch is paid. Members: \$5/day/month Non-Members: \$27.50/day/month

12 ROUNDS: NOW FREE WITH MEMBERSHIP-A DYNAMIC CIRCUIT TRAINING, ALL AROUND BOXING FORMAT, AGILITY, FLEXIBILITY, SPEED, POWER, RESISTANCE, HAND/EYE COORDINATION, TOTAL BODY EXPERIENCE. 24 PERSON MAX. YOU MAY BRING YOUR OWN GLOVES. PREFERRED: BRING YOUR OWN WRAPS.

ATHLETIC JUMP STRETCH: (PAID) ATHLETIC TRAINING (HIGH INTENSITY) THIS CLASS IS FOR ATHLETES WHO ARE INTERESTED IN INCREASING VERTICAL JUMP, EXPLOSIVENESS, SPEED, ALONG WITH INJURY PREVENTION. THE CLASS FOCUSES ON WORKING ON PERFORMANCE AND COACHING PROPER MOVEMENT PATTERNS TO INCREASE ATHLETICISM. PRE AND POST ATHLETIC TESTING IS DONE. 20 PERSON MAX

BASIC JUMP STRETCH: LIKE OUR ATHLETIC JUMP STRETCH, EXCEPT THERE ISN'T ANY JUMPING OR TESTING. WORK AT YOUR OWN LEVEL OF INTENSITY THAT WILL GET YOU IN TO YOUR BEST SHAPE. THE CLASS FOCUSES ON FLEXIBILITY, CIRCUIT TRAINING, AND CONDITIONING DOING VARIABLE INTENSITY EXERCISES. GREAT FOR RECREATIONAL ATHLETES AND MEMBERS OR COMMUNITY MEMBERS WHO WANT TO GET IN TO SHAPE WITH LOW-IMPACT ON JOINTS. THE JUMP STRETCH ORIENTATION CLASS IS RECOMMENDED BEFORE THE FIRST CLASS. (20 PERSON MAX)

LITTLE WARRIOR WORKOUT: Free but Registration Required; For kids ages 7-13, Learn how to properly workout while having fun

TEAM SESSION JUMP STRETCH: ASK ABOUT OUR TEAM TRAINING OPTION, PRICING; DAYS AND TIMES VARY.

Y-HIIT: A HIGH INTENSITY INTERVAL TRAINING MAT BASED CLASS WITH EMPHASIS ON STRENGTHENING THE CORE MUSCLES. THIS QUICK INTENSE CLASS COMBINES BASIC CALISTHENICS WITH A TIMING SEQUENCE OF FORTY SECONDS OF WORK AND TWENTY SECONDS OF RECOVERY.