



YMCA of Youngstown Central

Spin, Group Ex, and Yoga March 1 – May 1, 2021-Updated Group Exercise Studio

For HITT, 12 Rounds, Jump Stretch check the HPS2 Schedule.

Download the MindBody App to Register for all classes.

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

SPECIAL RIDES:

- **St. Patrick Day Rides: March 17, 2021**
- **Good Friday Spin FRIDAY, April 2 8:30-9:30AM w/ Melanie**
- **Passion and Hope Spin SATURDAY, April 3 9-10:30AM w/Chris**

NEW STARTING MARCH 1-Can't make a class, LIVESTREAM Monday 9:30AM or Friday 8:30 AM Spin, Tuesday or Thursday 12:15 Stretch Express on the mywellness app. Check your email for details. More classes will be added in the future.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:45 AM		Spin w/John		Spin w/John		
8:30-9:30 AM	New Time! Spin 9:30-10:15 w/ Meri	Spin w/Lisa		Spin w/Sandy	Spin w/Melanie	New Class! 7:45-8:30AM Spin w/Lynn
9:00-10:00 AM						Spin w/Marlene
9:30-10:00 AM			Spin w/Lynn			
10:30-11:30 AM		SilverSneakers w/ Debbie	Tone 10:00-10:30 w/Lynn	SilverSneakers w/ Debbie		
10:45-11:45 AM		Yoga w/Kathy in Community Gym				
12:15-12:45 PM		Stretch Express w/Carl in Group Ex Studio		Stretch Express w/Carl in Group Ex Studio		
4:30-5:15 PM		Spin w/Sandy		Spin w/Lynn		
5:15-6:00 PM			Rock-N-Spin w/Pammy			
5:30-6:30 PM	Spin w/Chris			Total Body Blast w/Lynn		
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.

Total Body Blast: A 30-minute class designed to get you lean and strong.

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.