



YMCA of Youngstown Central YMCA

September – December 2022

Free Classes with Membership

Athletic Performance Center Deep Pool Group Ex/Spin Studio Manchester Room Shallow Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:35AM		Spin		Spin		
6:00-6:45AM	HIIT		HIIT			
7:30-8:15AM	Water Running		Water Running		Water Running	
8:00-9:00AM						Spin
8:30-9:15AM					Spin	
8:30-9:15AM	Water Fitness		Water Fitness		Water Fitness	
8:30-9:30AM	Spin-N-Sculpt	Spin		Spin		
9:00-10:00AM	Basic Jump Stretch		Basic Jump Stretch		Basic Jump Stretch	
9:30-10:30AM			Spin-N-Sculpt			Yoga
10:30-11:30AM		BootCamp		BootCamp	12 Rounds	
10:30-11:30AM	SilverSneakers Begins Sept 19	SilverSneakers		SilverSneakers		
10:45-11:45AM		Yoga				
11:30AM-12:00PM		Stretch Express		Stretch Express		
12:00-1:00PM		Aquarobics		Aquarobics		
4:30-5:15PM		Spin		Spin		
5:30-6:30PM	Aquarobics		Aquarobics		Aquarobics	
5:30-6:30PM	12 Rounds		12 Rounds			
5:30-6:30PM	Spin		Rock-N-Spin			
6:00-6:45PM		Spin Begins Sept 13				
6:30-7:30PM		Basic Jump Stretch	Yoga	Basic Jump Stretch		

Free Classes Descriptions

Athletic Performance Center Classes:

12 Rounds: A dynamic circuit training, all around boxing format, agility, flexibility, speed, power, resistance, hand/eye coordination, total body experience. You may bring your own gloves. Preferred: bring your own wraps.

Basic Jump Stretch: While working at your own level of intensity, 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.

BootCamp: Each BootCamp class focuses on different muscle groups to give you a hardcore, full body workout each week. Utilizing multiple training methods, this class will get you fit quick.

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

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.

Deep Pool Classes:

Water Running: A low-impact, moderate intensity water workout designed to challenge your body, your core muscles, and your stamina. Ability to swim is encouraged, but not required. Class held in deep water, and flotation devices are available.

Group Ex/Spin Studio Classes:

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 SilverSneakers ball are offered for resistance. A chair is available if needed for seated and standing support.

Spin: 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-Sculpt: Get your cardio and strength done in 60 minutes. This 30-minute spin class followed by a total body workout to get you lean and toned using a variety of exercises and equipment is great for all levels. Just want to spin or just want to sculpt, please join for that time only.

Manchester Room Classes:

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.

Shallow Pool Classes:

Aquarobics: A great way to get a high-intensity workout without the stress on your body. This class is for all ages and fitness levels; ability to swim is not required and you can work at your own pace.

Water Fitness: A medium to high-level water workout that concentrates on the 5 components of fitness: muscular strength, endurance, flexibility, cardiovascular endurance, and body composition.