



YMCA of Youngstown Central Group Exercise Class Schedule January 8–March 2, 2024

For HITT, BootCamp, 12 Rounds, Jump Stretch, and more check the Athletic Performance Center Schedule.

	Monday	Tuesday	Wednesday	Thursday
8:30-9:00 AM	Cycle Express w/Meri		Cycle Express w/Lynn	
9:00-9:30 AM	Sculpt Express w/Meri		Sculpt Express w/Lynn	
9:45-10:15 AM		9:45-10:15 Kettlebells Express w/Mark		9:45-10:15 Kettlebells Express w/Mark
10:30-11:30 AM	Starts February 19th Tai Ji Quan: Moving for Better Balance	SilverSneakers w/ Debbie	Starts February 21st Tai Ji Quan: Moving for Better Balance	SilverSneakers w/ Debbie
10:45-11:45 AM		Yoga w/Kathy *Manchester		
5:30-6:15 PM		NEW!! Body Blast w/Mark		NEW!! Stability Sculpt w/Sierra
6:30-7:30 PM		Yoga w/Audrey		

Class Descriptions

Balance Blast: Using resistance bands, medicine balls, yoga balls, jump ropes, and floor exercises, this whole-body class will tone your body, increase balance, and add stability to increase overall fitness.

Body Blast: A Comprehensive and integrated high intensity workout. Utilizing segments of strength training with cardiovascular intervals, for a complete total body workout, ideal for building lean muscle mass and eliminating unwanted body fat.

Cycle Express and Sculpt Express: Starting off with 30 minutes of cardio followed by 30 minutes of strength to get your body moving and building muscle. Can do both or just one.

Kettlebell Express: This power packed 30-minute class is filled with challenging kettlebell movements that flow through the workout and train your whole body.

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 seating or standing support.

Stability Sculpt: Resistance bands, medicine balls, yoga blocks, jump ropes, and more make up this fun and challenging new class that increases balance, strength, and flexibility all while toning your body.

Tai Ji Quan: Moving for Better Balance: Starting February 19, 2024: Moving for Better Balance® is a research-based balance training regimen designed for older adults at risk of falling and people with balance disorders. Although its origin can be traced to the contemporary simplified 24-form Tai Ji Quan routine, TJQMBB represents a significant paradigm shift in the application of Tai Ji Quan, moving the focus from its historical use as a martial art or recreational activity to propagating health by addressing common, but potentially debilitating, functional impairments/deficits. This unique training approach is the culmination of a systematic series of scientific studies to improve efficacy, utility, community, and clinical relevance.

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.