



YMCA of Youngstown Central Group Exercise Class Schedule July 15- August 2, 2024

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:00 AM	Cycle w/Meri		Cycle w/Lynn			
9:00-9:30 AM	Sculpt w/Gabe		Sculpt w/Lynn			
9:45-10:15 AM		9:45-10:15 Kettlebells w/Justin/Gabe		9:45-10:15 Kettlebells w/Justin/Gabe	10:15-11:00am Stability Sculpt w/Sierra	10:15-11:15 Yoga w/Tracy
10:30-11:30 AM	Tai Ji Quan: Moving for Better Balance	SilverSneakers w/ Deb	Tai Ji Quan: Moving for Better Balance	SilverSneakers w/ Phyll		
10:45-11:45 AM		Yoga w/Kathy *Manchester				
6:30-7:30 PM		Yoga w/Audrey				

Class Descriptions

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 and Sculpt: 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: 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.