



WINTER SCHEDULE

GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:55 am Y-Step Lori-Aerobic Studio	8:00-8:45 am Yoga Plus Beth-Aerobic Studio	8:00-8:55 am AB Attack Lori-Aerobic Studio	8:00-8:45 am Cardio/Strength/ Stretch Lori-Aerobic Studio	8:00-8:45 am Cardio Challenge Amy-Aerobic Studio	8:00 – 8:55 am Total Body Interval Robin-Aerobic Studio
9:00-9:45 am NEW Essentrics Stretch Debbie-Aerobic Studio	9:00-9:45 am Dance Fitness Kary-Aerobic Studio	9:00-9:55 am Y-Step Lori-Aerobic Studio	9:00-9:45 am Dance Fitness Kary-Aerobic Studio	9:00 -9:55 am Y-Step Lori-Aerobic Studio	9:00 –9:55 am Cardio Challenge Leslie-Aerobic Studio
9:00 – 9:55 am Total Body Interval Robin – Gym	9:00 – 9:45 am Boot Camp Chris – Wellness Area	10:00-10:45 am NEW Essentrics Stretch Debbie-Aerobic Studio	9:00 – 9:45 am Boot Camp Chris – Wellness Area	9:00 – 9:55 am Total Body Interval Robin – Gym	10:00 – 10:45 am FIT Class (NEW) Porfirio-Aerobic Studio
5:00 – 5:50 pm Mindy/Body Blend Beth-Aerobic Studio	11:00 – 11:55 am Cardio Challenge Amy – Aerobic Studio	4:30 – 5:15 pm Power Circuits Sue-Aerobic Studio	11:00 – 11:55 am Cardio Challenge Amy – Aerobic Studio	5:00-6:00 PM Kettlebells Reneta-Large Classroom	Sunday
5:00-6:00 PM Kettlebells Reneta-Large Classroom	11:00 – 11:55 am Kettlebells Reneta-Large Class	5:00-6:00 PM Kettlebells Reneta-Large Classroom	11:00 – 11:55 am Kettlebells Reneta-Large Class		8:15-9:00 am NEW Sunshine Yoga Beth-Aerobic Studio
5:00 -6:00 pm FIT Class Mat – Comm. Bible	5:00-5:55 pm Total Body Strength Patti-Aerobic Studio	5:30-6:00 pm Ab Attack Deb-Aerobic Studio	5:00-5:45 pm Barre Patti-Aerobic Studio		3:00 – 4:00 pm Kettlebells Reneta-Aerobic Studio
5:00 -6:00 pm FIT Class Ben – Grace Brethren	6:00 – 6:55 pm Cardio Challenge Deb – Aerobic Studio	6:00 – 6:45 pm Pound Fitness Deb-Aerobic Studio	5:00 -6:00 pm Bootcamp Ben-Grace Brethren		
6:00-6:55 pm Power Circuits Sue-Aerobic Studio	7:00 – 8:00 pm Yoga Fit Jen – Aerobic Studio		5:30-6:30 pm Yoga/Pilates Beth – Butterfly House		
8:00 – 8:45 pm FIT Class Porfirio – Aerobic Studio			6:00 – 6:45 pm NEW Buti Yoga Kassie – Aerobic Studio		
			7:00 – 7:45 pm NEW Zumba Kassie – Aerobic Studio		

CYCLING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00- 11:00 am Beth-Cycling Area	5:00 – 5:45 pm Sally-Cycling Area	10:00-11:00 am Beth-Cycling Area	4:45 pm – 5:45 pm Sally-Cycling Area	10:00-11:00 am Beth-Cycling Area	
11:00-12:00 pm Beth-Cycling Area	6:00 – 6:45pm Sue – Cycling Area	11:00-12:00 pm Beth-Cycling Area	6:00 – 6:45 pm Patti-Cycling Area	11:00-12:00 pm Beth-Cycling Area	
5:30 -6:15 pm Terry – Cycling Area					



WINTER SCHEDULE

WATER FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30 am Water Aerobics Susan-Pool	8:30-9:30 am Water Aerobics Jen-Pool	8:30-9:30 am Water Aerobics Susan-Pool	8:30-9:30 am Water Aerobics Jen-Pool	8:30-9:30 am Water Aerobics Susan-Pool	
9:30 – 10:00 am Aqua Abs Barb-Pool	6:00-7:00 pm Water Boot Camp Jen - Pool	9:30 – 10:00 am Aqua Abs Barb-Pool	6:00-7:00 pm Water Boot Camp Aimee-Pool	9:30 – 10:00 am Aqua Abs Barb-Pool	
10:00-11:00 am Water Walking Barb-Pool		10:00-11:00 am Water Walking Barb-Pool		10:00-11:00 am Water Walking Barb-Pool	
11:00 – 12:00 pm Aqua Fit Amy – Pool		11:00 – 12:00 pm Aqua Fit Amy – Pool		11:00 – 12:00 pm Aqua Fit Amy – Pool	
		6:00 – 7:00 pm Water Aerobics Cindy – Pool			

ACTIVE OLDER ADULTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00-11:00 am Fit Lite Dance Shirley-Aerobic Studio	10:00-10:45 am Silver Sneakers Classic Anu-Aerobic Studio	11:00-11:45 am Enhance Fitness Anu-Aerobic Studio	10:00-10:45 am Silver Sneakers Classic Anu-Aerobic Studio	10:00-11:00 am Fit Lite Dance Shirley-Aerobic Studio	
11:00-11:45 am Enhance Fitness Anu-Aerobic Studio		12:15-1:00 pm Zumba Gold Anu-Aerobic Studio		11:00-11:45 am Enhance Fitness Anu-Aerobic Studio	
12:15-1:00 pm Zumba Gold Anu-Aerobic Studio		1:00-2:30 pm Senior Yoga Anu-Aerobic Studio		12:15-1:00 pm Zumba Gold Anu-Aerobic Studio	
1:00-2:30 pm Senior Yoga Anu-Aerobic Studio				1:00-2:30 pm Senior Yoga Anu-Aerobic Studio	

Classes are subject to change

January 1, 2018

Blue represents classes that are held off-site but are still free to YMCA Members

Grace Brethren Church
215 W. Main St.
Lexington, Ohio 44904

Community Bible Church
1043 Springmill St.
Mansfield, Ohio 44906

Butterfly House
20 N Mulberry St
Mansfield, Ohio 44902

MANSFIELD AREA YMCA
750 SCHOLL ROAD
419.522.3511
www.mansfield.org