



WINTER SCHEDULE

GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAKE IT A GREAT WEEK!!! 😊	7:00-7:55am MOSSA Strength Train Together Beth-Aerobic Studio	7:00-7:55am Vinyasa Flow (Yoga) Sharon – Aerobic Studio	5:15 –6:00 am Starts 11/29 Elite Fitness Mat – Aerobic Studio	8:00 – 8:55 am Cardio Challenge Amy – Aerobic Studio	8:00 – 8:55 am Total Body Interval Robyn-Aerobic Studio
7:00-7:55am Vinyasa Flow(Yoga) Sharon – Aerobic Studio	8:00-8:55am Yoga Plus Beth-Aerobic Studio	8:00 -8:55 am Cardio Challenge Lori-Aerobic Studio	8:00-8:55 am MOSSA Strength Train Together Beth-Aerobic Studio	9:00 -9:55 am Step Fitness Lori-Aerobic Studio	9:00 -9:55 am Cardio Challenge Leslie- Aerobic Studio
8:00-8:55 am Dance Fitness Kary-Aerobic Studio	9:00-9:45 am Step Fitness Lori-Aerobic Studio	9:00-9:55 am Step Fitness Beth-Aerobic Studio	9:00-9:45 am Dance Fitness Kary-Aerobic Studio	9:00 – 9:55 am Total Body Interval Robyn - Gym	10:00 – 10:45 am FIT Class Porfirio-Aerobic Studio
9:00-9:45 am Essentrics Stretch Debbie-Aerobic Studio	9:00 – 9:45 am Boot Camp Chris – Wellness Area	10:00-10:45 am Essentric Stretch Debbie-Aerobic Studio	9:00 – 9:45 am Boot Camp Chris – Wellness Area	9:30 – 10:15 am Cardio Challenge Amy- Lucas Comm Ctr	Sunday
9:00 – 9:55 am Total Body Interval Robyn - Gym	9:00 – 9:45 am Active Older Adult Rey – Ocie Hill	5:00-6:00 PM Kettlebells Reneta-Large Classroom	9:00 – 9:45 am Active Older Adult Rey – Ocie Hill	5:00-6:00 PM Kettlebells Reneta-Large Classroom	MAKE YOUR OWN WORKOUT!
5:00 – 5:50 pm MOSSA Strength Train Together Beth-Aerobic Studio	9:30 – 10:15 am Cardio Challenge Amy- Lucas Comm Ctr	4:30 – 5:15 pm Power Circuits Sue-Aerobic Studio	9:30 – 10:15 am Cardio Challenge Amy- Lucas Comm Ctr		
5:00-6:00 PM Kettlebells Reneta-Large Classroom	11:00 – 11:55 am Cardio Challenge Amy – Aerobic Studio	5:30-6:00 pm Ab Attack Deb-Aerobic Studio	11:00 – 11:55 am Cardio Challenge Amy – Aerobic Studio		
5:15 –6:15 pm FIT Class Ben – Grace Brethren	11:00 – 11:55 am Kettlebells Reneta-Large Classroom	6:00 – 6:45 pm Pound Fitness Deb-Aerobic Studio	11:00 – 11:55 am Kettlebells Reneta-Large Classroom		
6:00-6:55 pm Power Circuits Sue-Aerobic Studio	5:00-5:55 pm Total Body Strength Patti-Aerobic Studio		5:00-5:45 pm Barre Patti-Aerobic Studio		
7:00 – 7:45 pm Buti Yoga Kassie-Aerobic Studio	6:00 – 6:55 pm Cardio Challenge Deb – Aerobic Studio		5:15 –6:15 pm Bootcamp Ben-Grace Brethren		
	7:00 – 8:30 pm Yoga Fit Jen – Aerobic Studio		6:00 – 6:45 pm Buti Yoga Kassie – Aerobic		
			7:00 – 7:45 pm Zumba Kassie – Aerobic Studio		

CYCLING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 – 9:45 am Sally-Cycling Area Cycling	5:00 – 5:45 pm Sally-Cycling Area Cycling	11:00- 12:00 pm Beth-Cycling Area MOSSA Cycle Together	4:45 –5:45 pm Sally-Cycling Area MOSSA Cycle Together	11:00- 12:00 pm Beth-Cycling Area MOSSA Cycle Together	
11:00- 12:00 pm Beth-Cycling Area MOSSA Cycle Together	6:00 – 6:45pm Sue – Cycling Area		6:00-6:45pm Patti-Cycling Area Cycling		
5:30pm –6:30pm Terry – Cycling Area Cycling					



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 Sharon L-Pool	8:30-9:30 am Water Aerobics Sharon F-Pool	8:30-9:30 am Water Aerobics Sharon L-Pool	8:30-9:30 am Water Aerobics Susan F-Pool	
9:30 – 10:00 am Aqua Abs Barb-Pool	6:00-7:00 pm Water Boot Camp Cindy- Pool	9:30 – 10:00 am Aqua Abs Barb-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 Beth – Pool			

ACTIVE OLDER ADULT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00-10:55am Fit Lite Dance Shirley-Aerobic Studio	10:00-10:45 am Silver Sneakers Classic Anu-Aerobic Studio	11:00-11:55 am Enhance Fitness Anu-Aerobic Studio	10:00-10:45 am Silver Sneakers Classic Anu-Aerobic Studio	10:00-10:55 am Fit Lite Dance Shirley-Aerobic Studio	
11:00-11:55 am Enhance Fitness Anu-Aerobic Studio		12:15-1:00 pm Zumba Gold Anu-Aerobic Studio		11:00-11:55 am Enhance Fitness Anu-Aerobic Studio	
12:15-1:00 pm Zumba Gold Anu-Aerobic Studio		1:15-2:30 pm Senior Yoga Anu-Aerobic Studio		12:15-1:00 pm Zumba Gold Anu-Aerobic Studio	
1:15-2:30 pm Senior Yoga Anu-Aerobic Studio				1:15-2:30 pm Senior Yoga Anu-Aerobic Studio	

CLASSES ARE SUBJECT TO CHANGE

NOV. 21, 2018

GREEN REPRESENTS CLASSES THAT ARE **NEW** TO THE SCHEDULE

BLUE REPRESENTS CLASSES THAT ARE HELD **OFF-SITE** BUT ARE STILL FREE TO YMCA MEMBERS

GRACE BROTHERS CHURCH
215 W. MAIN ST.
LEXINGTON, OH 44904

OCIE HILL BUILDING
445 BOWMAN ST.
MANSFIELD, OH 44903

LUCAS COMMUNITY
252 W MAIN ST
LUCAS, OH 44843

CITY CENTER
29 N. MAIN ST
MANSFIELD, OH 44902