



GROUP EXERCISE SCHEDULE

February 2012

**Nationally
Certified Personal
Trainers**

Orrville Y

<u>Monday</u>	8:00-9:00am Hi/Lo 9:15-10:00am Zumba 10:15-11:00am Yoga 5:00-5:45pm Yopalates 6:00-6:30pm Kettlebell Pump 6:45-7:30pm Step Up Drills
<u>Tuesday</u>	8:00-8:45am Yopalates 9:15-10:00am Cardiokickboxing 10:15-11:00am Yoga 10:30-11:15am SilverSneakers® (MPR) 11:30am-12:00pm KidStrong Jr. (Preschool) 5:30-6:15pm Zumba 6:20-7:10pm Boot Camp
<u>Wednesday</u>	7:00-7:30am Kettlebell Pump 8:00-9:00am Hi/Lo 9:15-10:00am Zumba 5:00-5:45pm Yopalates 6:00-6:45pm Bands, Balls & Bars
<u>Thursday</u>	8:00-8:45am Yopalates 9:15-10:00am Cardiokickboxing 10:15-11:00am Yoga 10:30-11:15am SilverSneakers® (MPR) 3:30-4:00pm KidStrong (5th - 7th grade) 4:15-4:45pm KidStrong (1st - 3rd grade) 5:30-6:15pm Zumba 6:20-6:50pm Kettlebell Pump
<u>Friday</u>	7:00-7:30am Kettlebell Pump 8:00-9:00am Hi/Lo 9:15-9:45am Kettlebell Pump 10:00-10:45am Zumba
<u>Saturday</u>	9:00-10:00am A.C.T. (Aaron's Circuit Training) Fitness Center

Unless otherwise noted, all classes are in the Aerobic Studio

Dalton Y

<u>Monday</u>	9:15-9:45am KidStrong Jr. (Preschool) 9:15-10:15am Step & Burn (Gym) 10:00-10:45am Silver Sneakers (MSROM) 6:00-7:00pm Max Energy
<u>Tuesday</u>	9:15-10:00am Cycle & Core (Gym)
<u>Wednesday</u>	9:15-10:15am Step & Burn (Gym) 10:00-10:45 Silver Sneakers (MSROM) 6:00-7:00pm Max Energy
<u>Thursday</u>	9:15-10:00am Cycle & Core (Gym) 4:00-4:30pm KidStrong (1st - 7th grade) 6:00-6:50pm Boot Camp (Gym) 7:00-7:45pm Yoga (Gym)
<u>Friday</u>	9:15-10:15am Step & Burn (Gym)



Indoor Mini-Triathlon
February 18
Register by Feb. 8 to get a T-Shirt!

Our Gold Sponsors:
J. M. Smucker
Taco Bell

Our Publicity Sponsors:
The Auto Tech
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Dunlap Family Physicians
Dr. Amelia Lang
G.G. Grimm Chrysler, Dodge and Jeep
Humana Market Point Insurance
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Kidron Kars Inc.

***Thank you to
our Sponsors***

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Raber Eye Care
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State Farm Insurance
Suppan Foot and Ankle Clinic
Tyler Grain And Fertilizer Co.
University of Akron/Wayne College
Weaver Commercial Contractors Inc.
Weaver Custom Homes, Inc.
The Will-Burt Co.**

CARDIOKICKBOXING**Intermediate/Advanced—45 minutes**

A high-impact cardio workout, designed to improve your fitness level and to empower you. Upper and lower body movement, jabs, punches, kicks and a variety of jump rope patterns are all incorporated in this intense aerobic workout. Increase your power, speed and coordination with fun-to-learn, uncomplicated moves. Wrist-wraps are recommended.

HI/LO**All Levels—60 minutes**

A tried and true yet unique exercise class, you'll enjoy the basics in this hour of movement to music. You will be led through a wide variety of movement and exercises. With a focus on balance, emphasis on stretching, and attention to self awareness, this is for all ages, sizes and levels.

BOOT CAMP (Orrville & Dalton)**All Levels—60 minutes**

This class uses a variety of exercises in circuit or interval format. Your strength and endurance will be challenged as you maneuver through this energetic class.

YOGALATES**All Levels—45 minutes**

Yoga & Pilates are based off of one another making it ideal to fuse them together. You will increase flexibility as well as strengthen your body. Increases your body awareness and improves posture.

QUICK BOOT**All Levels—30 minutes**

If you don't have a lot of time, but want a good workout, this class is for you. Cardio, strength, and a variety of moves to keep you fit.

MAX ENERGY at Dalton**All levels-60 minutes**

Maximize your physical fitness and have lots of fun doing it. Combining fitness science and creativity, our instructors will lead you through an hour of circuits and intervals for a total body workout. This is a fantastic way to shake off the workday and take care of your spirit, mind and body.

STEP AND BURN at Dalton**All Levels—60 minutes**

Basic step moves, safe yet effective resistance training, and an expert instructor to guide you and increase your confidence in your fitness abilities.

YOGA (Orrville & Dalton)**All Levels-45 minutes**

Quiet and calm your mind while you strengthen and balance your body. Sun salutations, warriors and lots of much-needed stretching set to beautifully relaxing music. Enjoy!

ZUMBA**All Levels—45 minutes**

A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. Prepare to have fun!

STEP UP DRILLS**All Levels—45 minutes**

This step class combines basic step moves with interval drills on and off the step. Come ready to work, sweat and strengthen the mind and body!

CYCLE & CORE**All Levels—45 minutes**

Cycle indoors and strengthen your cardio endurance without dealing with the weather. Hills, speed, climb, rest. End with great core workout and stretch.

BANDS, BALLS & BARS**All Levels—45 minutes**

Try this class to improve strength and learn different ways to use this equipment!

LAND FITNESS CLASS RULES

Class Attendance: The Orrville/Dalton YMCA reserves the right to cancel a class at any time due to low participation, insufficient staff, or at the discretion of the director.

Class Participation: Members age 12 may attend with a parent. Members must be 13 to attend without a parent. Guests must be 18 years of age or older.

Appropriate Footwear: Street shoes are not permitted in land fitness classes. Proper shoes, aerobic or cross trainers should be worn to help prevent injury.

Arrive on Time and Stay the Duration: By arriving late and /or leaving early you will decrease the benefits of the structured workout. For your own safety and as a courtesy to the entire class, please be punctual. Instructors reserve the right to close the class after the initial warm up portion of the class is completed (approximately 10 minutes), in order to help prevent injury.

Stay With the Class Format: A well balanced class is essential to a safe injury-free workout. All participants are expected to follow the class format as directed by the instructor. Instructors will demonstrate levels to help you modify your workout safely and allow participants to work at varied intensities. Ankle and wrist weights are not allowed in classes. Wrist weights may be worn in Cardiokickboxing only.

What to Bring: You are encouraged to bring a towel and a capped water container.

CHILD WATCH

Age 2 months -6yrs

We'll watch your children while you exercise!

Member \$1

Non-Member \$2

Dalton:

Mon, Tue, Wed, Fri 9-11am

Wed: 6-8 pm

Orrville:

Mon - 9am-1pm & 5:45-7:45 pm

Tue - 9am-12pm & 5:15-7:30 pm

Wed - 9am-1pm & 4:15-6:30pm

Thur - 9am-12pm & 5:15-8:00pm

Fri - 9am - 1pm

LAND FITNESS FEES

1 Month Member: \$15; Non-Member: \$40

1 Year Member: \$140

Price Per Class Member: \$5; Non-Member: \$7

Punch Card (10 visits) Member: \$45; Non-Member \$65

Cycle & Core

	<u>Mem</u>	<u>Non-Mem</u>
1x per week for month	10.00	20.00
2x per week for month	20.00	40.00

Reserve your spot! Register ahead of class!

KETTLEBELL PUMP**Intermediate/Advanced —30 minutes**

Increase your core strength, condition the back and increase the utilization of stabilizing muscles. This functional training method is for real life. Improve your strength and cardio. Kettlebells provided.

Member \$3 per class, Non-member \$5 per class.

Member

1 time a week \$10

2 times a week \$20

3 times a week \$30

Non-Member

1 time a week \$20

2 times a week \$40

3 times a week \$60