



GROUP EXERCISE SCHEDULE

July 2010

Start your new year out right! Sample any of our Fitness Classes Free for the first time!

Orrville Y

Monday 8:00-9:00am Hi/Lo
9:15-10:00am Zumba
5:30-6:20pm Cardiokickboxing

Tuesday 8:00-8:45am Pilates
9:15-10:00am Cardiokickboxing
10:00-10:45am Yoga
10:30-11:15am SilverSneakers® (MPR)

Wednesday 8:00-9:00am Hi/Lo
9:15-10:00am Zumba
5:30-6:20pm Cardiokickboxing

Thursday 8:00-8:45am Pilates
9:15-10:00am Cardiokickboxing
10:00-10:45am Yoga
10:30-11:15am SilverSneakers® (MPR)

Friday 8:00-9:00am Hi/Lo
9:15-10:15am Cardio & Strength

Unless otherwise noted, all classes are in the Aerobic Studio

Dalton Y

Monday 9:15-10:15am Step & Burn (Gym)
10:15-10:45 Yoga (MPR)
Starting July 19:
10:30-11:15 SilverSneakers®
6:30-7:00pm Fab Abs (MPR)
7:00-8:00pm Max Energy (MPR)

Wednesday 9:15-10:15am Step & Burn (Gym)
Starting July 19:
10:30-11:15 SilverSneakers®

Thursday 6:30-7:00pm Fab Abs (MPR)
7:00-8:00pm Max Energy (MPR)

Friday 9:15-10:15am Step & Burn (Gym)
10:15-10:45 Yoga (MPR)

Looking for specified training? Consult one of our nationally certified Personal Trainers for a customized workout.

Our Gold Sponsors:

J. M. Smucker
Taco Bell

Our Publicity Sponsors:

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Tyler Grain And Fertilizer Co.
University of Akron/Wayne College
Weaver Commercial Contractors Inc.
Weaver Custom Homes, Inc.

CARDIOKICKBOXING

Intermediate/Advanced—50 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 required and can be purchased for \$6 from the front desk.

CARDIO & STRENGTH

All Levels-60 minutes

Nancy is back on Friday mornings at the Orrville YMCA with her fantastic music and great moves. Get everything done in one hour with a combo of cardio and strength! Singing along to the music is encouraged!

FAB ABS at Dalton

All Levels—30 minutes

This half hour specialty class specifically targets all areas of the abdominal muscles. Traditional crunches, core work ,stability training and pilates are blended for an intense 30 minutes.

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.

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.

PILATES

All Levels-45 minutes

Another mind-body workout which lengthens and strengthens your muscles, improves balance and flexibility and strengthens the core muscles to stabilize the spine. You will learn proper breathing and body awareness.

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

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!

LAND FITNESS CLASS RULES

Class Attendance: The Orrville/Dalton YMCA reserves the right to cancel a class at any time due to low participation.

Class Participation: Members age 12 and 13 may attend with a parent. Members must be 14 to attend without a parent. Guests must be 18 years of age or older. All participants must fill out a Par-Q prior to participation in a class.

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.

CHILD WATCH

Age 6 months -6yrs

We'll watch your children while you exercise!

Member \$1

Non-Member \$2



Dalton:

Mon, Wed, Fri 9-11am

Thur: 6:30-8:00 pm

Orrville:

Mon-Fri: 9-11:00 am

12-3:00 pm

Mon-Thur: 5:30-7:30pm

LAND FITNESS FEES

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

4 Months \$50 - Mem (Members only)

1 Year Member: \$140

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

Land/Water Combo 1 Month Member: \$25;
Non-Member: \$55

Land/Water Combo 4 Month Member: \$80

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

CYCLE & CORE @ Orrville YMCA until end of April. Will resume in Autumn.

Intermediate/Advanced—60 minutes

Monday, Wednesday, Friday 9:15am. Monday, Wednesday evenings 6pm. This class incorporates intervals, visualization, and personal competition to achieve varying levels of intensity. Core work and stretching are included. All Cycling sessions are monthly. Single class sign-up starts the week prior to the new session. Class space is limited. Reservations may be made at the front desk.

CYCLING FEES:

Session Pass 1x week: Member \$12; Non-member \$24

Session Pass 2x week: Member \$24; Non-member \$45

Session Pass 3x week: Member \$30; Non-member \$54

Price per class: Member \$4; Non-member \$6