



Orrville YMCA @ Orrville YMCA  
February 10th - February 16th

1801 Smucker Road  
ORRVILLE, OH 44667  
(330) 683-2153

	TUE 10	WED 11	THU 12	FRI 13	SAT 14	SUN 15	MON 16
8am		<b>Hi/Lo</b> Jenni Reusser 8am - 9am		<b>Hi/Lo</b> Jenni Reusser 8am - 9am	<b>Tabata</b> Rotating Instructors 8:30am - 9am		<b>Hi/Lo</b> Jenni Reusser 8am - 9am
				<b>Super Core &amp; Stength</b> Brittany Armentrout 8:30am - 9:15am			
9am	<b>Silver Sneakers - Cardio Circuit</b> Amber Shock 9am - 9:45am	<b>Dance Fitness</b> Rotating Instructors 9:15am - 10am	<b>Silver Sneakers - Cardio Circuit</b> Amber Shock 9am - 9:45am	<b>Rip60</b> Mandi Simmons 9am - 10am			<b>Dance Fitness</b> Karrie McAllister 9:15am - 10:15am
	<b>Step it Up</b> Chris Dreher 9:05am - 10:05am		<b>Step it Up</b> Judy Gable 9:05am - 9:50am	<b>Zumba</b> Brittany Armentrout 9:15am - 10am			
10am	<b>Silver Sneakers - Stretch</b> Amber Shock 10am - 10:45am	<b>Qigong-MPR</b> Bill Grocott 10:15am - 11:15am	<b>Silver Sneakers - Stretch</b> Amber Shock 10am - 10:45am				<b>Qigong-MPR</b> Bill Grocott 10:15am - 11:15am
	<b>Yoga for Flexibility</b> Abbie Getz 10:15am - 11am		<b>Yoga for Flexibility</b> Monica Miyashita 10:15am - 11am				
4pm		<b>Rev &amp; Flow</b> Amber Shock 4:30pm - 5:15pm	<b>Refit</b> Amber Shock 4:30pm - 5:15pm				
5pm	<b>Greatest HIITs</b> Karrie McAllister 5:30pm - 6:15pm	<b>Zumba</b> Brittany Armentrout 5:15pm - 6pm	<b>Functional HITNESS</b> Trent McCune 5:30pm - 6:15pm				<b>Zumba</b> Brittany Armentrout 5:15pm - 6pm

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.