



Orrville YMCA @ Orrville YMCA
February 19th - February 25th

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

	WED 19	THU 20	FRI 21	SAT 22	SUN 23	MON 24	TUE 25
8am	Hi/Lo Jenni Reusser 8am - 9am		Hi/Lo Jenni Reusser 8am - 9am	Tabata Multiple Instructors 8:30am - 9:15am		Hi/Lo Jenni Reusser 8am - 9am	
			Super Core & Stength Brittany Armentrout 8:30am - 9:30am				
9am		Silver Sneakers - Cardio Circuit Maggie Leporis 9am - 9:45am				Dance Fitness Karrie McAllister 9:15am - 10:15am	Silver Sneakers - Cardio Circuit Maggie Leporis 9am - 9:45am
		Step it Up Chris Dreher 9:05am - 10:05am					Step it Up Chris Dreher 9:05am - 10:05am
10am	Qigong-MPR Bill Grocott 10:15am - 11:15am	Silver Sneakers - Stretch Maggie Leporis 10am - 10:45am				Qigong-MPR Bill Grocott 10:15am - 11:15am	Silver Sneakers - Stretch Maggie Leporis 10am - 10:45am
		Yoga for Flexibility Abbie Getz 10:15am - 11am					Yoga for Flexibility Monica Miyashita 10:15am - 11am
5pm		Refit Amber Shock 5:30pm - 6:15pm					Greatest HIITs Karrie McAllister 5:30pm - 6:15pm
6pm	Rev & Flow Amber Shock 6pm - 6:45pm						

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.