



Orrville YMCA @ Orrville YMCA
April 3rd - April 9th

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

| | FRI 3 | SAT 4 | SUN 5 | MON 6 | TUE 7 | WED 8 | THU 9 |
|------|---|---|-------|---|--|---|--|
| 8am | Hi/Lo Jenni Reusser 8am - 9am | Tabata Rotating Instructors 8:30am - 9am | | Hi/Lo Jenni Reusser 8am - 9am | | Hi/Lo Jenni Reusser 8am - 9am | |
| | Super Core & Stength Brittany Armentrout 8:30am - 9:15am | | | | | | |
| 9am | Rip60 Mandi Simmons 9am - 10am | | | Dance Fitness Karrie McAllister 9:15am - 10:15am | Silver Sneakers - Cardio Circuit Amber Shock 9am - 9:45am | Dance Fitness Rotating Instructors 9:15am - 10am | Silver Sneakers - Cardio Circuit Amber Shock 9am - 9:45am |
| | Zumba Brittany Armentrout 9:15am - 10am | | | | Step it Up Chris Dreher 9:05am - 10:05am | | Step it Up Judy Gable 9:05am - 9:50am |
| 10am | | | | Qigong-MPR Bill Grocott 10:15am - 11:15am | Silver Sneakers - Stretch Amber Shock 10am - 10:45am | Qigong-MPR Bill Grocott 10:15am - 11:15am | Silver Sneakers - Stretch Amber Shock 10am - 10:45am |
| | | | | | Yoga for Flexibility Abbie Getz 10:15am - 11am | | Yoga for Flexibility Monica Miyashita 10:15am - 11am |
| 4pm | | | | | | Rev & Flow Amber Shock 4:30pm - 5:15pm | Refit Amber Shock 4:30pm - 5:15pm |
| 5pm | | | | Zumba Brittany Armentrout 5:15pm - 6pm | Greatest HIITs Karrie McAllister 5:30pm - 6:15pm | Zumba Brittany Armentrout 5:15pm - 6pm | Functional HITNESS Trent McCune 5:30pm - 6:15pm |

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.