



YMCA of Wooster @ YMCA of Wooster
February 26th - March 4th

680 Woodland Avenue
WOOSTER, OH 44691
(330) 264-3131

	WED 26	THU 27	FRI 28	SAT 1	SUN 2	MON 3	TUE 4
7am	Spinning Butch Rogers 7am - 7:45am	Pilates Jennie Schonfeld 7am - 7:45am				Spinning Butch Rogers 7am - 7:45am	Pilates Jennie Schonfeld 7am - 7:45am
8am	Cardio Drumming Lori Richards 8am - 9am	Full Body Blast Susan Anderson 8am - 8:45am	Cardio Drumming Lori Richards 8am - 9am	Zumba Janel Usternal 8:30am - 9:30am			Full Body Blast Susan Anderson 8am - 8:45am
9am	Fitness Fusion Jennie Schonfeld 9:30am - 10:30am	Floor Core Fitness Heide Lehman 9am - 10am	Fitness Fusion Jennie Schonfeld 9:30am - 10:30am	Spinning Mariana Weyer 9:45am - 10:45am		Fitness Fusion Jennie Schonfeld 9:30am - 10:30am	Floor Core Fitness Heide Lehman 9am - 10am
		Zumba Janel Usternal 9am - 10am					Zumba Janel Usternal 9am - 10am
10am	Zumba Gold Janel Usternal 10am - 11am	Core and More Jessica Harklau 10:15am - 11am	Tabata Jennifer Dye 10:35am - 11:35am			Zumba Gold Janel Usternal 10am - 11am	Core and More Jessica Harklau 10:15am - 11am
	Tabata Jennifer Dye 10:35am - 11:35am	Silver Sneakers - Classic Heide Lehman 10:15am - 11am				Tabata Jennifer Dye 10:35am - 11:35am	Silver Sneakers - Classic Heide Lehman 10:15am - 11am
11am		Silver Sneakers - Classic Brittany Natalizio 11am - 12pm					Silver Sneakers - Classic Brittany Natalizio 11am - 12pm
12pm	Yoga for Flexibility Nena Holmes 12pm - 1pm	Silver Sneakers - Stretch Heide Lehman 12pm - 1pm	Yogalates Nena Holmes 12pm - 1pm			Yin Yang Yoga Nena Holmes 12pm - 1pm	Silver Sneakers - Stretch Heide Lehman 12pm - 1pm
1pm	Silver Sneakers - Stretch Leslie Ridill 1pm - 1:45pm	Silver Sneakers - Classic Heide Lehman 1pm - 2pm	Silver Sneakers - Stretch Leslie Ridill 1pm - 1:45pm			Silver Sneakers - Stretch Leslie Ridill 1pm - 1:45pm	Silver Sneakers - Classic Heide Lehman 1pm - 2pm
2pm	Silver Sneakers - Classic Leslie Ridill 2pm - 3pm		Silver Sneakers - Classic Leslie Ridill 2pm - 3pm			Silver Sneakers - Classic Leslie Ridill 2pm - 3pm	
4pm	PIYO Kate Smith 4:40pm - 5:25pm	Woo- Kix Sherri Prindle 4pm - 5pm				PIYO Kate Smith 4:40pm - 5:25pm	Woo- Kix Sherri Prindle 4pm - 5pm
5pm	Kettlebells/Battle Ropes Aerobics Instructor 5:30pm - 6pm					Kettlebells/Battle Ropes Aerobics Instructor 5:30pm - 6pm	
	Zumba Carol M. 5:30pm - 6:30pm					Zumba Carol M. 5:30pm - 6:30pm	
6pm		Super Fit Stefan Garcia 6pm - 7pm					Super Fit Stefan Garcia 6pm - 7pm

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.