



YMCA of Wooster @ YMCA of Wooster

March 28th - April 3rd

680 Woodland Avenue

WOOSTER, OH 44691

(330) 264-3131

	FRI 28	SAT 29	SUN 30	MON 31	TUE 1	WED 2	THU 3
7am					Pilates Jennie Schonfeld 7am - 7:45am		Pilates Jennie Schonfeld 7am - 7:45am
8am	Cardio Drumming Lori Richards 8am - 9am	Zumba Janel Usternal 8:30am - 9:30am			Full Body Blast Susan Anderson 8am - 8:45am	Cardio Drumming Lori Richards 8am - 9am	Full Body Blast Susan Anderson 8am - 8:45am
9am	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	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	Tabata Jennifer Dye 10:35am - 11:35am			Zumba Gold Janel Usternal 10am - 11am	Silver Sneakers - Classic Heide Lehman 10:15am - 11am	Zumba Gold Janel Usternal 10am - 11am	Silver Sneakers - Classic Heide Lehman 10:15am - 11am
				Tabata Jennifer Dye 10:35am - 11:35am		Tabata Jennifer Dye 10:35am - 11:35am	
12pm					Silver Sneakers - Stretch Heide Lehman 12pm - 1pm		Silver Sneakers - Stretch Heide Lehman 12pm - 1pm
1pm	Silver Sneakers - Stretch Leslie Ridill 1pm - 1:45pm			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 - 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.