



YMCA of Wooster @ YMCA of Wooster

April 15th - April 21st

680 Woodland Avenue

WOOSTER, OH 44691

(330) 264-3131

	TUE 15	WED 16	THU 17	FRI 18	SAT 19	SUN 20	MON 21
6am				Strength Training Courtne Michaelis-Reynolds 6am - 6:45am			
7am	Pilates Jennie Schonfeld 7am - 7:45am		Pilates Jennie Schonfeld 7am - 7:45am				
8am	Full Body Blast Susan Anderson 8am - 8:45am	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		Yoga Sculpt Courtne Michaelis-Reynolds 8am - 8:45am
		Strength Training Courtne Michaelis-Reynolds 8am - 8:45am					
9am	Floor Core Fitness Heide Lehman 9am - 10am	Yoga Flow Courtne Michaelis-Reynolds 9am - 9:45am	Floor Core Fitness Heide Lehman 9am - 10am	Fitness Fusion Jennie Schonfeld 9:30am - 10:30am	Spinning Mariana Weyer 9:45am - 10:45am		Yoga Flow Courtne Michaelis-Reynolds 9am - 9:45am
	Zumba Janel Usternal 9am - 10am	Fitness Fusion Jennie Schonfeld 9:30am - 10:30am	Zumba Janel Usternal 9am - 10am				Fitness Fusion Jennie Schonfeld 9:30am - 10:30am
10am	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			Zumba Gold Janel Usternal 10am - 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 - Classic Heide Lehman 1pm - 2pm	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
2pm		Silver Sneakers - Classic Leslie Ridill 2pm - 3pm		Silver Sneakers - Classic Leslie Ridill 2pm - 3pm			Silver Sneakers - Classic Leslie Ridill 2pm - 3pm
4pm	Woo- Kix Sherri Prindle 4pm - 5pm	PIYO Kate Smith 4:40pm - 5:25pm	Woo- Kix Sherri Prindle 4pm - 5pm				PIYO Kate Smith 4:40pm - 5:25pm
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

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.



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6pm

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Super Fit Stefan Garcia 6pm - 7pm		Super Fit Stefan Garcia 6pm - 7pm				

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