



# YMCA of Wooster @ YMCA of Wooster

April 29th - May 5th

680 Woodland Avenue

WOOSTER, OH 44691

(330) 264-3131

	TUE 29	WED 30	THU 1	FRI 2	SAT 3	SUN 4	MON 5
6am				<b>Strength Training</b> Courtne Michaelis-Reynolds 6am - 6:45am			
7am	<b>Pilates</b> Jennie Schonfeld 7am - 7:45am		<b>Pilates</b> Jennie Schonfeld 7am - 7:45am				
8am	<b>Full Body Blast</b> Susan Anderson 8am - 8:45am	<b>Cardio Drumming</b> Lori Richards 8am - 9am	<b>Full Body Blast</b> Susan Anderson 8am - 8:45am	<b>Cardio Drumming</b> Lori Richards 8am - 9am	<b>Zumba</b> Janel Usternal 8:30am - 9:30am		<b>Yoga Sculpt</b> Courtne Michaelis-Reynolds 8am - 8:45am
		<b>Strength Training</b> Courtne Michaelis-Reynolds 8am - 8:45am					
9am	<b>Floor Core Fitness</b> Heide Lehman 9am - 10am	<b>Yoga Flow</b> Courtne Michaelis-Reynolds 9am - 9:45am	<b>Floor Core Fitness</b> Heide Lehman 9am - 10am	<b>Fitness Fusion</b> Jennie Schonfeld 9:30am - 10:30am	<b>Spinning</b> Mariana Weyer 9:45am - 10:45am		<b>Yoga Flow</b> Courtne Michaelis-Reynolds 9am - 9:45am
	<b>Zumba</b> Janel Usternal 9am - 10am	<b>Fitness Fusion</b> Jennie Schonfeld 9:30am - 10:30am	<b>Zumba</b> Janel Usternal 9am - 10am				<b>Fitness Fusion</b> Jennie Schonfeld 9:30am - 10:30am
10am	<b>Core and More</b> Jessica Harklau 10:15am - 11am	<b>Zumba Gold</b> Janel Usternal 10am - 11am	<b>Core and More</b> Jessica Harklau 10:15am - 11am	<b>Tabata</b> Jennifer Dye 10:35am - 11:35am			<b>Zumba Gold</b> Janel Usternal 10am - 11am
	<b>Silver Sneakers - Classic</b> Heide Lehman 10:15am - 11am	<b>Tabata</b> Jennifer Dye 10:35am - 11:35am	<b>Silver Sneakers - Classic</b> Heide Lehman 10:15am - 11am				<b>Tabata</b> Jennifer Dye 10:35am - 11:35am
12pm	<b>Silver Sneakers - Stretch</b> Heide Lehman 12pm - 1pm		<b>Silver Sneakers - Stretch</b> Heide Lehman 12pm - 1pm				
1pm	<b>Silver Sneakers - Classic</b> Heide Lehman 1pm - 2pm	<b>Silver Sneakers - Stretch</b> Leslie Ridill 1pm - 1:45pm	<b>Silver Sneakers - Classic</b> Heide Lehman 1pm - 2pm	<b>Silver Sneakers - Stretch</b> Leslie Ridill 1pm - 1:45pm			<b>Silver Sneakers - Stretch</b> Leslie Ridill 1pm - 1:45pm
2pm		<b>Silver Sneakers - Classic</b> Leslie Ridill 2pm - 3pm		<b>Silver Sneakers - Classic</b> Leslie Ridill 2pm - 3pm			<b>Silver Sneakers - Classic</b> Leslie Ridill 2pm - 3pm
4pm	<b>Woo- Kix</b> Sherri Prindle 4pm - 5pm	<b>PIYO</b> Kate Smith 4:40pm - 5:25pm	<b>Woo- Kix</b> Sherri Prindle 4pm - 5pm				<b>PIYO</b> Kate Smith 4:40pm - 5:25pm
5pm	<b>Yoga Fusion</b> Courtne Michaelis-Reynolds 5:15pm - 6pm	<b>Kettlebells/Battle Ropes</b> Aerobics Instructor 5:30pm - 6pm					<b>Kettlebells/Battle Ropes</b> Aerobics Instructor 5:30pm - 6pm
		<b>Zumba</b> Carol M. 5:30pm - 6:30pm					<b>Zumba</b> 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

TUE 29	WED 30	THU 1	FRI 2	SAT 3	SUN 4	MON 5
<b>Super Fit</b> Stefan Garcia 6pm - 7pm		<b>Super Fit</b> Stefan Garcia 6pm - 7pm				
<b>Yoga Flow</b> Courtne Michaelis-Reynolds 6:15pm - 7pm						

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