



YMCA of Wooster @ YMCA of Wooster
May 10th - May 16th

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

	SAT 10	SUN 11	MON 12	TUE 13	WED 14	THU 15	FRI 16
6am							Strength Training Courtne Michaelis-Reynolds 6am - 6:45am
7am				Pilates Jennie Schonfeld 7am - 7:45am		Pilates Jennie Schonfeld 7am - 7:45am	
8am	Zumba Janel Usternal 8:30am - 9:30am		Yoga Sculpt Courtne Michaelis-Reynolds 8am - 8:45am	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
					Strength Training Courtne Michaelis-Reynolds 8am - 8:45am		
9am	Spinning Mariana Weyer 9:45am - 10:45am		Yoga Flow Courtne Michaelis-Reynolds 9am - 9:45am	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
			Fitness Fusion Jennie Schonfeld 9:30am - 10:30am	Zumba Janel Usternal 9am - 10am	Fitness Fusion Jennie Schonfeld 9:30am - 10:30am	Zumba Janel Usternal 9am - 10am	
10am			Zumba Gold Janel Usternal 10am - 11am	Core and More Jessica Harklau 10:15am - 11am	Zumba Gold Janel Usternal 10am - 11am	Core and More Jessica Harklau 10:15am - 11am	Tabata Jennifer Dye 10:35am - 11:35am
			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	
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 - 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
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	Yoga Fusion Courtne Michaelis-Reynolds 5:15pm - 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

SAT 10	SUN 11	MON 12	TUE 13	WED 14	THU 15	FRI 16
			Super Fit Stefan Garcia 6pm - 7pm		Super Fit Stefan Garcia 6pm - 7pm	
			Yoga Flow Courtne Michaelis- Reynolds 6:15pm - 7pm			

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