



# YMCA of Wooster @ YMCA of Wooster

June 16th - June 22nd

680 Woodland Avenue

WOOSTER, OH 44691

(330) 264-3131

	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21	SUN 22
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>Yoga Sculpt</b> Courtne Michaelis-Reynolds 8am - 8:45am	<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>Strength Training</b> Courtne Michaelis-Reynolds 8am - 8:45am				
9am	<b>Yoga Flow</b> Courtne Michaelis-Reynolds 9am - 9:45am	<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>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	<b>Zumba</b> Janel Usternal 9am - 10am			
10am	<b>Zumba Gold</b> Janel Usternal 10am - 11am	<b>Core and More</b> Jessica Harklau 10:15am - 11:15am	<b>Zumba Gold</b> Janel Usternal 10am - 11am	<b>Core and More</b> Jessica Harklau 10:15am - 11:15am	<b>Tabata</b> Jennifer Dye 10:35am - 11:35am		
	<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	<b>Silver Sneakers - Classic</b> Heide Lehman 10:15am - 11am			
12pm		<b>Silver Sneakers - Stretch</b> Heide Lehman 12pm - 1pm		<b>Silver Sneakers - Stretch</b> Heide Lehman 12pm - 1pm			
1pm	<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 - Classic</b> Heide Lehman 1pm - 2pm	<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>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	<b>Woo- Kix</b> Sherri Prindle 4pm - 5pm			
5pm	<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

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	<b>Super Fit</b> Stefan Garcia 6pm - 7pm		<b>Super Fit</b> Stefan Garcia 6pm - 7pm			

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