



Fitness Schedule / Aerobics Room
 YMCA of Ross County
 2022

100 Mill Street
 Chillicothe, Ohio 45601
 740.772.4340

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00 AM			Power45 Hillary Fannin 5:45-6:30am				
6:00 AM							
7:00 AM							
8:00 AM		Silver Sneakers Gwen McLaughlin 8:00am-8:45am					
9:00 AM	Walking Group 9:00-10:00am	Total Fitness Lydia Linton 9:00-10:00am	Cardio & Strength Hillary Fannin 9:00-10:00am	Flex & Flow Yoga Sarah Caplan 9:00-10:00am	Walking Group 9:00-10:00am	Kickboxing Audrey Barker 9:00-10:00am	
10:00 AM	Aqua Fit Suzi Cunningham 10:00-10:45a			Aqua Fit Suzi Cunningham 10:00-10:45a		Zumba Beverly Britton 10:00-11:00am	
11:00 AM				Silver Sneakers Lydia Linton 11:00-11:45pm			
12:00 PM					Enhance Fitness Cordy Boedecker 12:00-1:00pm		
1:00 PM	Enhance Fitness Lydia Linton 1:00-2:00pm		Enhance Fitness Pam Pauley 1:00-2:00pm		Chair Yoga Cordy Boedecker 1:00-1:45pm		
2:00 PM							
5:00 PM	Zumba Toning Joanne & Tancy 5:30-6:30pm	HITT Instructor's Choice 5:30p-6:30pm	Zumba Tancy Matter 5:30-6:30pm	Gentle Yoga Cordy Boedecker 5:30-6:30pm			
6:00 PM	Gentle Yoga Cordy Boedecker 6:35-7:30pm	Pilates Beverly Britton 6:30-7:30pm		Pilates Foam Roller Beverly Britton 6:35-7:30pm			
7:00 PM		Aqua Zumba Joanne Jepson 6:30-7:30pm		Aqua Zumba Joanne Jepson 6:30-7:30pm			
8:00 PM							

** Use our app (RossCountyYMCA) to sign-up for classes and swim lanes

Class Descriptions:

Aqua Fit:	A combo of cardio and strength (using foam water weights and water resistance) for all levels. Full body and low impact workout.
Aqua Zumba:	A high energy, low impact aquatic exercise class. Water creates a natural resistance for a challenging workout to help tone muscles with less impact on your joints.
Chair Yoga:	A low-impact stretching routine. All moves are done standing or in a chair. Leave feeling stretched and restored.
Gentle Yoga:	A yoga class designed to stretch and strengthen all muscles. Bring own mat if possible.
Enhance Fitness:	Geared toward older adults of all fitness levels. A combo of strength, low impact cardio and balance. Conducts pre-assessment and post-assessment tests to see and track progress.
Silver Sneakers:	Designed to increase strength, range of movement and activities for daily living, using bands, tubes, mini exercise balls and weights.
Total Fitness:	A full body workout every Monday with a combo of strength and cardio exercises.
Spin & Stix:	A cardio based class using drumsticks for the first half hour, spin bikes for the last half hour.
Cardio & Strength:	A combo of cardio and strength using dumbbells, body weight and other equipment to work all muscles of the body.
Core Focus:	A cardio and strength combo class with an extra focus on using all core muscles.
Kickboxing:	A cardio focused class using all muscles of the body. Usually ends with a core workout on the mat.
Tabata:	All fitness levels. A strength and endurance building cardio workout that is modified for each individual's personal fitness level.
Dynamic Fitness:	All fitness levels. Fast-paced strength training designed to build muscle and increase mobility.
Zumba:	A dance fitness group exercise class that uses international music and movement. "Exercise in disguise".
Zumba Toning:	An added challenge with zumba toning sticks or light weights to help you focus on specific muscle groups so you and your muscles stay engaged!
Pilates:	An exercise form that emphasized the balanced development of the body through core strength, flexibility and posture awareness. A mat-based class using a variety of equipment such as mini bands, ex balls, pilates bar and ring and drumsticks.
Pilates Foam Roller Class:	Combines foam roller with pilates exercises. Improves balance, proprioception & core strength. The class is also effective in activating targeted muscle groups during myofascial release & self massage.
Power45:	A 45 minute, fast-paced full body workout to start your day strong.
Spin:	Indoor cycling for lots of low impact (easy on the joints) cardio!