



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:

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|----------------------------|---|
| 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! |