



YMCA of Youngstown Central

Spin and Yoga

November 2-December 19, 2020

Community Gym

Download the MindBody App to Register for all classes.

Please bring a mat, towel, water. No towels or mats will be provided.

*13 Maximum in all Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:45 AM		Spin w/John		Spin w/John		
8:30-9:30 AM	8:30-9:15 AM w/ Meri	Spin w/Lisa		Spin w/Sandy	Spin w/Melanie	
9:00-10:00 AM						Spin w/Marlene
10:30-11:30 AM		SilverSneakers w/ Debbie		SilverSneakers w/ Debbie		
10:45-11:45 AM		Yoga w/Kathy in Community Gym				
12:15-12:45 PM		Stretch Express w/Carl in Community Gym		Stretch Express w/Carl in Community Gym		
4:30-5:15 PM		Spin w/Sandy		Spin w/Lynn		
5:00-5:45 PM			Rock-N-Spin w/Pammy			
5:30-6:30 PM	Spin w/Chris					
6:30-7:30 PM			Yoga w/Audrey			

YMCA of Youngstown Central

High Performance Classes

12 Rounds, Jump Stretch, HIIT

November 2-December 19, 2020

High-Performance Studio #2

Please bring a mat, towel, water, and gloves (12 Rounds).

*16 Maximum in all Classes

Download the MindBody App to Register for all free classes. Paid classes, please register at the front desk.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – 6:45 AM	*HIIT w/John		*HIIT w/John			
9:00-10:00 AM	Basic Jump Stretch		Basic Jump Stretch			
10:30-11:30 AM					*12 Rounds w/Clemate	
11:30AM-12:15PM						Little Warrior Workout (Ages 8-12) w/Rob
4:00 – 5:00 PM	*Athletic Jump Stretch (Paid)		*Athletic Jump Stretch (Paid)			
5:15-6:15 PM		*Athletic Jump Stretch (Paid)		*Athletic Jump Stretch (Paid)		
5:30-6:30PM	*12 Rounds w/Julius	6:30-7:30 Basic Jump Stretch	*12 Rounds w/Clemate			

Athletic Jump Stretch is paid. Members: \$5/day/month Non-Members: \$27.50/day/month