



FITNESS SCHEDULE

DAY	TIME	CLASS	LOCATION
MONDAY	8:00-8:55 a.m.	Total Body Sculpt	Group X
	9:00-9:55 a.m.	Cardio Low	Group X
	9:00-9:55 a.m.	SilverSneakers Classic	Multi-Purpose Room
	10:00-10:55 a.m.	SilverSneakers Classic	Multi-Purpose Room
	12:00-12:55 p.m.	Boot Camp Blitz	Group X/Gym
	4:30-5:25 p.m.	Cardio Line Dancing	Group X
	5:30-6:25 p.m.	P90X®	Group X
TUESDAY	8:00-8:55 a.m.	Yoga	Group X
	9:00-9:55 a.m.	Gentle Chair Yoga	Multi-Purpose Room
	9:00-9:55 a.m.	Chiseled	Group X
	10:00-10:55 a.m.	Zumba Gold	Group X
	10:00-10:55 a.m.	SilverSneakers Cardio Circuit	Multi-Purpose Room
	12:05-12:55 p.m.	Noontime Blitz	Group X/Gym
	2:00-3:30 p.m.	*Tai Chi	Group X
	4:30-5:25 p.m.	Boot Camp Blitz	Group X
	5:30-6:25 p.m.	Zumba	Group X
6:30-7:45 p.m.	Vinyasa Yoga	Group X	
WEDNESDAY	8:00-8:55 a.m.	Cardio Fusion	Group X
	9:00-9:55 a.m.	Cardio Low	Group X
	9:00-9:55 a.m.	SilverSneakers Classic	Multi-Purpose Room
	10:00-10:55 a.m.	SilverSneakers Classic	Multi-Purpose Room
	10:30-11:30 a.m.	Delay the Disease™	Group X
	12:00-12:55 p.m.	Boot Camp Blitz	Group X/Gym
	4:30-5:25 p.m.	Cardio Line Dancing	Group X
	5:30-6:25 p.m.	Total Strength & Endurance	Group X
THURSDAY	8:00-8:55 a.m.	Yoga	Group X
	9:00-9:55 a.m.	Gentle Chair Yoga	Multi-Purpose Room
	9:00-9:55 a.m.	Chiseled	Group X
	10:00-10:55 a.m.	Zumba Gold	Group X
	12:05-12:55 p.m.	Noontime Blitz	Group X/Gym
	2:00-3:30 p.m.	*Tai Chi	Group X
	3:30-4:25 p.m.	Fit Kids	Group X
	4:30-5:25 p.m.	Cardio Kickboxing	Group X
	5:30-6:25 p.m.	WERQ®	Group X
	6:30-7:45 p.m.	Vinyasa Yoga	Group X
FRIDAY	8:00-8:55 a.m.	Instructor's Choice	Group X
	9:00-9:55 a.m.	Cardio Low	Group X
	10:00-10:55 a.m.	SilverSneakers Boom	Group X
	10:30-11:30 a.m.	Delay the Disease™	Gym
	12:00-12:55 p.m.	Boot Camp Blitz	Group X
SATURDAY	9:00-9:55 a.m.	P90X® Live	Group X
SUNDAY	9:30-10:25 a.m.	Instructor's Choice	Group X

For More Information Contact

Sheila Cornell at scornell@jewishyoungstown.org or 330-746-3250 ext. 182



AQUATICS SCHEDULE

DAY	TIME	CLASS
MONDAY	5:30 a.m.	Pool Opens
	8:30-9:30 a.m.	Water In Motion
	10:00-11:00 a.m.	Volleyball (Lap Lanes Closed)
	11:00 a.m.-12:00 p.m.	Step It Up Flow
	3:30 - 4:30 p.m.	Swim Team
	5:30 - 6:30 p.m.	Aqua Cardio Blast
	8:30 p.m.	Pool Closed
TUESDAY	5:30 a.m.	Pool Opens
	7:45-8:30 a.m.	A.M Energizer (Deep End Closed)
	8:30-9:15 a.m.	Mobility Plus
	9:15 a.m.-12:15 p.m.	Preschool
	12:15 - 1:00 p.m.	Water Wonders
	3:30-4:30 p.m.	Swim Team
	5:30-6:30 p.m.	Aqua Cardio Blast
	8:30 p.m.	Pool Closed
WEDNESDAY	5:30 a.m.	Pool Opens
	8:30-9:30 a.m.	Water In Motion
	9:45 a.m. - 1:15 p.m.	Akiva (Pool Closed)
	1:15 - 2:15 p.m.	Step It Up Flow
	3:30 - 4:30 p.m.	Swim Team
	4:30 - 5:00 p.m.	Learn to Swim (Ages 3 and up)
	5:30-6:30 p.m.	Aqua Cardio Blast
	8:30 p.m.	Pool Closed
THURSDAY	5:30 a.m.	Pool Opens
	7:45-8:30 a.m.	A.M Energizer (Deep End Closed)
	8:30 - 9:15 a.m.	Mobility Plus
	11:00 a.m. - 12:00 p.m.	Volleyball
	12:15 - 1:00 p.m.	Water Wonders
	3:30 - 4:30 p.m.	Swim Team
	5:30-6:30 p.m.	Aqua Cardio Blast
	8:30 p.m.	Pool Closed
FRIDAY	5:30 a.m.	Pool Opens
	10:00-11:00 a.m.	Volleyball (Lap Lanes Closed)
	11:30 a.m.-12:30 p.m.	Step It Up Flow
	6:45 p.m.	Pool Closed
SATURDAY	8:00 a.m.	Pool Open
	8:55-9:25 a.m.	Learn to Swim (Ages 3 and up)
	9:30-10:00 a.m.	You and Me Baby (6 - 36 months)
	10:05-10:35 a.m.	Learn to Swim (Ages 3 and up)
	10:45 - 11:45 a.m.	Water Women
	4:30 p.m.	Pool Closed
SUNDAY	8:00 a.m. - 4:30 p.m.	Open Swim
	4:30 p.m.	Pool Closed

For More Information Contact
Shawn Chrystal at aquatics@jewishyoungstown.org or 330-746-3250 ext. 112