



# FITNESS SCHEDULE

DAY	TIME	CLASS	LOCATION
<b>MONDAY</b>	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
	12:00-12:45 p.m.	Boot Camp Blitz	Group X/Gym
	4:30-5:25 p.m.	Cardio Line Dancing	Group X
	5:30-6:20 p.m.	R.I.P.P.E.D	Group X
<b>TUESDAY</b>	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.	Sweat & Sculpt	Group X
	5:30-6:25 p.m.	Zumba	Group X
6:30-7:45 p.m.	Vinyasa Yoga	Group X	
<b>WEDNESDAY</b>	5:30-6:25 a.m.	H.I.I.T. w/ Yoga	Group X
	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
	12:00-12:45 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	
<b>THURSDAY</b>	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.	Zumba	Group X
6:30-7:45 p.m.	Vinyasa Yoga	Group X	
<b>FRIDAY</b>	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.	Silver Step Circuit	Group X
	10:30-11:30 a.m.	Delay the Disease™	Gym
	12:00-12:45 p.m.	Boot Camp Blitz	Group X
<b>SATURDAY</b>	9:00-9:55 a.m.	Total Body Boot Camp	Group X
	10:00-10:55 a.m.	WERQ®	Group X
<b>SUNDAY</b>	8:00-8:55 a.m.	Yoga Nidra	Group X
	9:30-10:25 a.m.	Instructor's Choice	Group X

For More Information Contact

Sheila Cornell at [scornell@jewishyoungstown.org](mailto:scornell@jewishyoungstown.org) or 330-746-3250 ext. 182

# AQUATICS SCHEDULE

DAY	TIME	CLASS
<b>MONDAY</b> POOL CLOSES 8:45 p.m.	5:30-8:30 a.m.	Open Swim
	8:30-9:30 a.m.	Water In Motion
	10:00-11:00 a.m.	Volleyball (Lap Lanes Closed)
	11:30 a.m.-12:30 p.m.	Step It Up/Flow
	12:30-3:30 p.m.	Open Swim
	3:30-4:30 p.m.	Swim Team (Lap Lanes Limited)
	5:00-5:45 p.m.	Aqua Cardio Blast
	6:00-8:00 p.m.	Pool Closed
	8:00-8:45 p.m.	Open Swim
<b>TUESDAY</b> POOL CLOSES 8:45 p.m.	5:30-7:15 a.m.	Open Swim
	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
	12:30-1:30 p.m.	Water Wonders
	1:30-4:30 p.m.	Open Swim
	3:30-4:30 p.m.	Swim Team (Lap Lanes Limited)
	4:30-6:00 p.m.	Open Swim
	6:00-8:00 p.m.	Pool Closed
	8:00-8:45 p.m.	Open Swim
<b>WEDNESDAY</b> POOL CLOSES 8:45 p.m.	5:30-7:45 a.m.	Open Swim
	7:45-8:30 a.m.	Kicking Up the Waves
	8:30-9:30 a.m.	Water In Motion
	9:30 - 11:00 a.m.	Open Swim
	11:00 a.m.- 12:00 p.m.	Step It Up/Flow
	12:15 - 2:45 p.m.	Akiva Swim (Pool Closed)
	3:30-4:00 p.m.	Learn To Swim-Ages 3 & Up
	4:30-5:30 p.m.	Swim Team (Lap Lanes Limited)
	5:30-6:30 p.m.	Aqua Cardio Blast
6:30-8:30 p.m.	Open Swim	
<b>THURSDAY</b> POOL CLOSES 8:45 p.m.	5:30-7:45 a.m.	Open Swim
	7:45-8:30 a.m.	A.M Energizer (Deep End Closed)
	8:30-9:15 a.m.	Mobility Plus
	10:00-11:00 a.m.	Volleyball (Lap Lanes Closed)
	11:15-12:15 p.m.	Water Wonders
	1:30-3:30 p.m.	Open Swim
	3:30-4:30 p.m.	Swim Team (Lap Lanes Limited)
	4:30-6:00 p.m.	Open Swim
	6:00-8:00 p.m.	Pool Closed
<b>FRIDAY</b> POOL CLOSES 6:00 p.m.	5:30-8:30 a.m.	Open Swim
	8:30-9:30 a.m.	Mobility Plus
	10:00-11:00 a.m.	Volleyball (Lap Lanes Closed)
	11:30 a.m.-12:30 p.m.	Step It Up/Flow
	12:30-6:00 p.m.	Open Swim
<b>SATURDAY</b> POOL CLOSES 4:30 p.m. POOL CLOSES 4:30 p.m.	8:00-8:50 a.m.	Open Swim
	8:50-9:20 a.m.	Learn to Swim (Ages 3 and up)
	9:30-10:00 a.m.	You and Me Baby (6 - 36 months)
	10:00 a.m.-10:30 p.m.	Learn to Swim (Ages 3 and up)
	10:45-4:30 p.m.	Open Swim
<b>SUNDAY</b>	8:00 a.m.-4:30 p.m.	Open Swim

For More Information Contact

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