

GROUP EXERCISE CLASS SCHEDULE

AQUA

OLDER ADULTS AQUA

CARDIO & STRENGTH

MIND & BODY

STEPPING OUT

SILVER SNEAKERS

MONDAY

Cardio Low

8:00-8:45 a.m.

Water in Motion

8:30-9:15 a.m.

Slow Flow Yoga

9:00-10:00 a.m.

Silver Sneakers Classic*

9:15-10:00 a.m.

Instructor's Choice

10:00-10:45 a.m.

Silver Sneakers Classic*

10:30-11:15 a.m.

Mobility Movement (Tai Chi)**

11:30 a.m.-12:15 p.m.

Functional Fitness

5:30-6:15 p.m.

Aqua Cardio Blast

6:00-7:00 p.m.

WERQ

6:30-7:15 p.m.

TUESDAY

Strong By Design

8:00-8:45 a.m.

Mobility Plus

8:00-8:45 a.m.

Chair Yoga

9:15-10:00 a.m.

Chair Volleyball

9:30-10:30 a.m.

Silver Sneakers Classic*

10:30-11:15 a.m.

Mobility Movement

11:30 a.m.-12:15 p.m.

HIIT & Lift

5:30-6:15 p.m.

MissyBota

6:00-7:00 p.m.

WEDNESDAY

Cardio Low

8:00-8:45 a.m.

Silver Splash

8:00-8:45 a.m.

Zumba for Seniors*

9:15-10:00 a.m.

Volleyball

10:00-10:55 a.m.

Silver Sneakers Classic*

10:30-11:15 a.m.

Parkinson's Moves

11:30 a.m.-12:15 p.m.

Cardio Circuit

5:30-6:15 p.m.

THURSDAY

Strong By Design

8:00-8:45 a.m.

Mobility Plus

8:30-9:15 a.m.

Silver Sneakers Classic*

9:15-10:00 a.m.

Volleyball

10:00-10:55 a.m.

Silver Sneakers Classic*

10:30-11:15 a.m.

Mobility Movement**

11:30 a.m.-12:15 p.m.

Mobility Plus

11:00-11:45 a.m.

TRX Advanced*

5:00-5:30 p.m.

TRX*

5:30-6:00 p.m.

Step Aerobics

6:00-6:45 p.m.

Aqua Body Flow At Logan Campus

6:30-7:30 p.m.

FRIDAY

Easy Yoga

8:00-9:00 a.m.

Water in Motion

8:30-9:15 a.m.

Silver Sneakers Classic*

9:15-10:00 a.m.

Volleyball

10:00-10:55 a.m.

Silver Sneakers Classic*

10:30-11:15 a.m.

Instructor's Choice

11:00-11:45 a.m.

Parkinson's Moves**

11:30 a.m.-12:15 p.m.

Cardio Line Dancing

4:00-5:30 p.m.

SATURDAY

HIIT & Lift

9:00-9:45 a.m.

Yoga & Meditation

10:15-11:15 a.m.

WERQ

10:15-11:00 a.m.

SUNDAY

Body Blast

9:00- 9:45 a.m.

UPDATED
5/29/2024



For class descriptions scan this QR code or visit jccyoungstown.org/groupx.

*Space is limited, registration is required.

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