



GROUP EXERCISE SCHEDULE

ORRVILLE- Jun-Aug 2019

MON

- 8:00am Hi/Lo with Jenni (Studio)
- 9:15am Zumba® with Karrie (Studio)
- 10:15am Yoga Strength Class with Karrie (Studio)
- 10:15am QiGong with Bill (Studio B)
- 5:15pm Zumba® with Brittany (Studio)
- 6:15pm Kettlebell with Karrie (Studio)

TUE

- 7:00am Boot Camp (Studio)
- 9:05am Step it Up with Jill (Studio)
- 10:15am Yoga with Monica (Studio)
- 10:15am Silver Sneakers Classic® with Carol (MPR)

WED

- 7:00 am Sunrise Yoga with Monica (Studio)
- 8:00am Hi/Lo with Jenni (Studio)
- 9:15am Zumba® with Karrie (Studio)
- 10:15am Tunes `n´ Toning with Karrie (Studio)
- 10:15am QiGong with Bill (Studio B)
- 11:00am Silver Sneakers® Chair Yoga with Lindsey (MPR)
- 5:15pm Zumba® with Brittany (Studio)
- 6:05pm Fusion Strength with Tina (Studio)

THUR

- 7:00am Bootcamp (Studio)
- 9:05am Step it Up with Jill (Studio)
- 10:15am Yoga with Abbie (Studio)
- 10:15am Silver Sneakers Classic® with Carol (MPR)
- 6:15pm Vinyasa Yoga Flow with Abbie or Monica (Studio)

FRI

- 7:00am Sunrise Yoga with Monica (Studio)
- 8:00am Hi/Lo with Jenni (Studio)
- 9:15am Zumba® with Brittany (Studio)
- 9:15am Rip60® with Jill (Studio B)
- 10:15am Super Core and Balance with Tina (Studio)

SAT

- 8:30am Tabata with Tina (Studio)
- 9:15am Zumba® with Katie or Denise (Studio)

*Schedule subject to change

CHILD WATCH is available for ages 2 mo. – 7 years.



CHILD WATCH HOURS

	MON	TUES	WED	THUR	FRI	SAT
AM	8:00-11:30	8:00-11:30	8:00-11:30	8:00-11:30	8:00-11:00	8:00-10:30
PM	5:00-7:15	5:00-7:15	5:00-7:15	5:00-7:15		

1801 Smucker Road • Orrville, OH 44667 • P 330-683-2153 • www.ymcawayne.org
 Thank you to the Orrville Area United Way for their generous support!



Low Impact	Medium Impact	Core/Strength/Balance
Hi/Lo	Fusion Strength	Super Core & Balance
QiGong	Zumba	Yoga
	Vinyasa Yoga Flow	
	Tunes `n`Toning	
	Yoga Strength	
Silver Sneakers Chair Yoga	High Impact	
Silver Sneakers Classic	Kettlebell	Water Fitness
	Rip 60	Aquacise
	Step It Up	Aqua Jog
	Tabata	Hydronamics
		Silver Splash
		Water Zumba

All classes can be adapted to meet fitness level

Land Fitness Fees

Classes included with membership.
 Non-member \$5 day pass.

*Please see any instructor with any questions about our class offerings!
 Pick up a pool schedule for aquatics classes.*

Orrville YMCA Building Hours

Mon-Thurs 5:30am – 9:00pm
 Friday 5:30am – 8:30pm
 Saturday 8:00pm – 4:00pm