

# S U M M E R 2 0 2 3

## FITNESS CLASS SCHEDULE

SUMMER SESSIONS  
JUNE 5 - JULY 9  
JULY 10 - AUG 13

MON TUES. WEDS. THURS. FRI. SAT.

### MORNING

5:30-6:00 AM	KETTLEBELLS STAFF		KETTLEBELLS STAFF		KETTLEBELLS STAFF	
8:15-9:00 AM		KETTLEBELLS SUE		KETTLEBELLS SUE		
9:00-10:00 AM		YOGA MONIKA		YOGA MONIKA		TAI CHI MITCH
9:15-9:45 AM	PILATES LAUREN		PILATES LAUREN			

### EVENING

5:30-6:15 PM	PILATES FUSION JENETT		PILATES LAUREN			
5:30-6:20 PM				BOOT CAMP ED	INSANITY CHRISTA	
6:00-6:30 PM		SHRED JULIE				

#### SHRED Instructor: Julie

SHRED is a high-intensity & endurance based 30 minute workout to help you shed fat, define muscle, and improve athletic performance.

#### INSANITY Instructor: Christa

This high-intensity interval training, total body conditioning program combines cardio and body weight exercises.

#### YOGA Instructor: Monika

Practicing Yoga can lead to improved balance, flexibility, range of motion and strength. Relaxes and reduces stress.

#### BOOT CAMP Instructor: Ed

A high energy workout including cardio, strength, speed & endurance exercises to burn calories, tone muscles and improve athletic performance.

#### KETTLEBELLS Instructor: Sue

Kettlebells use repeated movements to build strength & condition the core, leg & gluteal muscles.

#### PILATES Instructor: Lauren

A low-impact form of exercise that combines deep breathing with gentle stretching to boost strength, balance and mobility.

#### TAI-CHI Instructor: Mitch

Tai Chi has been shown to improve balance, stress relief, strength, flexibility, cardiovascular health, and lower blood pressure.

#### PILATES FUSION Instructor: Jenett

Pilates Fusion offers different workout styles including barre, yoga, and strength training. This class will help enhance body tone, core, strength, flexibility, and is adjustable to all fitness levels.

### FITNESS PASS FEES

Y Members Free

Community Fees:

12 classes \$53

18 classes \$65

Unlimited \$74

Drop ins \$8

Most classes can be done by any level of participant, and modifications can be made. A fitness class schedule can be picked up at the Y or at [www.cantonfamilyymca.org](http://www.cantonfamilyymca.org)

Contact Mike Arnett for more Fitness Class information at [marnettcantonymca@gmail.com](mailto:marnettcantonymca@gmail.com)