

Winter 2021

FITNESS CLASS SCHEDULE

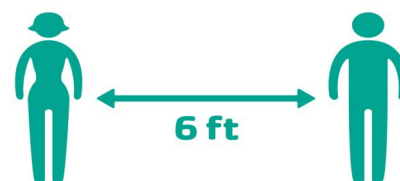
March 1 – April 11

	Mon	Tues	Weds	Thurs	Fri	Sat
Morning Classes						
5:15 - 5:45 AM		Pound Hillary		Pound Hillary		
5:30 – 6:00 AM	KETTLEBELLS STAFF		KETTLEBELLS STAFF		KETTLEBELLS STAFF	
7:15- 8:00 AM						KETTLEBELLS COREY MAIN GYM
8:15- 9:00 AM		KETTLEBELLS SUE MAIN GYM		KETTLEBELLS SUE MAIN GYM		
9:00- 10:00 AM	RIPPED KAREN	YOGA MONIKA	RIPPED KAREN	YOGA MONIKA	STRONG KAREN	
10:00- 10:45 AM						TAI CHI MITCH WILLIAMS
10:15- 11:00 AM	SILVERSNEAKERS CIRCUIT SUE	SILVERSNEAKERS YOGA KAREN	SILVERSNEAKERS CIRCUIT SUE	SILVERSNEAKERS CLASSIC KAREN	SILVERSNEAKERS YOGA STAFF	
Evening Classes						
5:30- 6:20 PM	INSANITY CHRISTA		INSANITY CHRISTA	BOOTCAMP ED	INSANITY CHRISTA	
6:00- 6:45 PM		SHRED JULIE				
6:30- 7:00 PM	CORE CHRISTA		CORE CHRISTA			

FITNESS CLASS INFORMATION:

- Each individual's temperature will be taken when they arrive.
- Participants will be asked to practice safe social distancing during class (6 ft. apart).
- All classes are limited to 14 participants.

**Thank you for observing
our new guidelines to
keep everyone safe!**



Contact Hillary Knowles for more fitness class information
at hknowlescantonmcafitness@gmail.com

Winter 2021 FITNESS CLASSES

POUND ® Instructor: Hillary Knowles

Rock out in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates.

SHRED Instructor: Julie Clendenny

A 30 minute workout to help you shed fat, define muscle, and improve athletic performance. Alternates 3 min of strength, 2 min of cardio, and 1 min of abs

STRONG BY ZUMBA ® Instructor: Karen Taylor

STRONG is a high-intensity interval training workout driven by music that pushes you to work harder.

INSANITY® Instructor: Christa Christensen

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

YOGA Instructors: Monika Gaspar

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

TAI CHI Instructor: Mitch Williams

This ancient Chinese martial art & exercise program integrates mind, body & spirit. It has many health benefits including reduced stress, lower blood pressure, and improved balance.

STRENGTH & SCULPT Instructor: Christa Christensen

Use a combination of a weighted bar, free-weights, body weight, and stability balls and to strengthen arms, core, and legs.

KETTLEBELLS Instructors: Sue Maurice & Corey Maurice

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

Personal Training

SCW Certified Personal Trainer Hillary Knowles and Sydney Shubert will design an exercise and nutrition plan to meet your goals.

Includes:

- 1 on 1 training sessions to fit your schedule
- Personalized diet and nutrition plans
- Personalized strength training and exercise plans

FEES: \$35 1 one-hour session

\$99 3 one-hour sessions

\$180 6 one-hour sessions



Modifications can be made and all fitness levels are welcome.

Fitness class schedules can be picked up at the Y or at www.cantonfamilyymca.org

FITNESS PASS FEES

Y Members Free

Community Fees:

12 classes \$53

18 classes \$65

Unlimited \$74

Drop Ins \$8

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