

WINTER 2020 FITNESS CLASSES



INDOOR/OUTDOOR BOOT CAMP

Instructor: Jennifer Ellinger

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

POUND ® Instructor: Hillary Knowles

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

KETTLEBELLS Instructors:

Sue Maurice & Margaret Nelson

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

BODYSHRED ® Instructor: Julie Clendenny

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

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 Foster

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

R.I.P.P.E.D.® Instructor: Karen Taylor & Christa Foster

Cardio, weights, fun, done! Improve your cardio health, increase strength, & gain energy.

CYCLE Instructors: Kim Malone & Tracy Ford

This is a high intensity, non-impact cycling workout designed for all levels of fitness enthusiasts.

CARDIO BOOTIES AND BELLIES Instructor: Trinity Taylor

This class will intermix leg, glute & abdominal work with some great cardio to keep your heart rate up, & burn calories.

YOGA Instructors: Christa Foster, Julie Clendenny & Monika Gaspar

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

STRENGTH & SCULPT Instructor: Christa Foster

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

SPIN & SCULPT Instructor: Rachel Kenney

This workout combines different types of cardio followed by toning with weights, tubes, and more.

POWER PUMP Instructor: Kim Malone

A full body, muscle building workout, Power Pump works each muscle group for 4-5 min with a variety of equipment.

TURBO KICK Instructor: Tracy Ford

This choreographed kickboxing workout with motivating music includes cardio, strength & endurance training.

ZUMBA Instructor: Chelsea Dodds

This fun cardio dance workout combines high energy, motivational Latin music & dance moves to burn calories.

FITNESS PASS FEES (Y Members Free)

10 classes \$44 15 classes \$54 Unlimited \$64 Drop In \$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

Contact Hillary Knowles for more information at hknowlescantonymcafitness@gmail.com

LAST UPDATED
1/10/2020

W I N T E R 2 0 2 0

FITNESS CLASS SCHEDULE

WINTER SESSION I
JAN. 6-FEB. 9

	MON	TUES.	WEDS.	THURS.	FRI.	SAT.
MORNING						
5:15-5:45 AM	KETTLEBELLS STAFF	POUND HILLARY	KETTLEBELLS STAFF	POUND HILLARY	KETTLEBELLS STAFF	
5:15-6:00 AM	CYCLE KIM		SPIN & SCULPT RACHEL		CYCLE KIM	
7:15-8:00 AM						KETTLEBELLS MARGARET
8:15-9:00 AM		KETTLEBELLS SUE		KETTLEBELLS SUE		
8:15-9:05 AM		YOGA MONIKA		YOGA MONIKA		
8:30-9:30 AM						TAI CHI MITCH
9:00-10:00 AM	INSANITY CHRISTA		CARDIO BOOTIES TRINITY		STRONG KAREN	
9:15-10:15 AM		R.I.P.P.E.D. KAREN		R.I.P.P.E.D. KAREN		
10:15-11:05 AM	SILVERSNEAKERS CIRCUIT SUE		SILVERSNEAKERS CIRCUIT SUE		SILVERSNEAKERS YOGA WHITNEY	
10:30-11:20 AM		SILVERSNEAKERS YOGA KAREN		SILVERSNEAKERS CLASSIC KAREN		
EVENING						
4:00-4:45 PM	POWER PUMP KIM		POWER PUMP KIM			
4:30-5:30 PM		CYCLE TRACY		TURBO KICK TRACY		
5:00-5:45 PM	BOOT CAMP STAFF		BOOT CAMP STAFF			
5:30-6:00 PM		BODYSHRED JULIE		BODYSHRED JULIE		
5:35-6:25 PM					INSANITY CHRISTA	
6:00-7:00 PM	ZUMBA CHELSEA		ZUMBA CHELSEA			
6:15-7:00 PM		STRENGTH & SCULPT CHRISTA		STRENGTH & SCULPT CHRISTA		
7:15-8:05 PM	YOGA JULIE		YOGA CHRISTA			

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