



Hardin County Family YMCA
July 12th - August 31st

918 W. Franklin St.
KENTON, OH 43326
(419) 673-6131

	MON	TUE	WED	THU	FRI	SAT	SUN
8am	Aquacize Pool 8:45am - 9:45am		Aquacize Pool 8:45am - 9:45am		Aquacize Pool 8:45am - 9:45am		
9am	Chisel & Chat Fitness Room 9am - 10am	yoga Fitness Room 9am - 10am	Chisel & Chat Fitness Room 9am - 10am	yoga Fitness Room 9am - 10am	Chisel & Chat Fitness Room 9am - 10am	Strike Fitness Room 9:30am - 10:15am	
	Total body conditioning Fitness Room 9am - 9:45am	Silver Sneakers Cardio gym 9am - 9:45am	Total body conditioning Fitness Room 9am - 9:45am	Silver Sneakers Cardio gym 9am - 9:45am	Total body conditioning Fitness Room 9am - 9:45am		
10am	Sliver Sneakers Yoga Fitness Room 10:15am - 11:15am	Silver Sneakers Classic gym 10am - 10:45am	Sliver Sneakers Yoga Fitness Room 10:15am - 11:15am	Silver Sneakers Classic gym 10am - 10:45am	Stretch and Tone Fitness Room 10:15am - 11:15am		
5pm	Body Works Fitness Room 5pm - 5:45pm	Pulse Fitness Room 5pm - 5:45pm	Body Works Fitness Room 5pm - 5:45pm	Pulse Fitness Room 5pm - 5:45pm			
6pm	group cycle Bike Room 6pm - 6:45pm		group cycle Bike Room 6pm - 6:45pm				
7pm	yoga Fitness Room 7pm - 7:45pm		yoga Fitness Room 7pm - 7:45pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Class Descriptions Hardin County Family YMCA

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Aquacize - Water resistance when working on cardio and muscle condition. Take the stress off your joints and improve overall endurance in the low intensity water class. Member-\$30.00 program participant- \$60.00

Body Works - Strengthen, condition and tone the major muscle groups in this non-aerobic work-out

Chisel & Chat - Aerobics, strength and stretching are the main components of this class

group cycle - A very popular class, sign up early as we have limited number of bikes

Pulse - Work out designed to keep you fighting fit while improving your strength and coordination. Embrace your inner warrior through a range of cardio kickboxing, boxing, cardio drills, and strength training. All levels.

Silver Sneakers Cardio - Get up and go with an aerobic class that's safe, heart healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper body strength, abdominal conditioning, stretching and relaxation exercises.

Silver Sneakers Classic - Have fun and move to music through a variety of exercises designed to increase muscular strength, range of elastic tubing with handles and a ball are offered for resistance. A chair is available if needed

Silver Sneakers Yoga - Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of motion.

Stretch and Tone - A gentle, no impact stretching class to improve flexibility, balance and muscle tone.

Strike - Cardio kickboxing class using freestanding bags

Total body conditioning - Mix of aerobic and floor exercises that gives the body an overall workout.

yoga - This practice involves moving the body through a series of positions and stretches, while focusing on breathing or specific thoughts.