



www.ymcanet.org

East Liverpool Area YMCA

We build strong kids,
strong families,
strong communities.

Serving the Tri-State and surrounding communities for over one hundred years.

Fitness Class Schedule

Revised: Mar 2005

CALCUTTA YMCA PROGRAM CENTER

DOWNTOWN YMCA

Please register for classes at the front desk.

15655 State Route 170

500 E. Fourth Street

Class schedules may change due to lack of enrollment.

Calcutta, OH 43920

East Liverpool, OH 43920

(330) 385-6400

(330) 385-0663

Calcutta YMCA Program Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:15 am Y-Cycling	5:30-6:15 am Y-Cycling	5:30-6:15 am Y-Cycling	5:30-6:15 am Y-Cycling	5:30-6:15 am Y-Cycling	
8:00-9:00 am Step-N-Tone Aqua Aerobics		8:00-9:00 am Step-N-Tone Aqua Aerobics		8:00-9:00 am Step-N-Tone Aqua Aerobics	
9:00-10:00 am Y-Cycling	9:00-10:00 am Aqua Aerobics	9:00-10:00 am Y-Cycling	9:00-10:00 am Aqua Aerobics	9:00-10:00 am Y-Cycling	9:00-10:00 am Totally Tone
10:00-11:00 am Strength Mix		10:00-11:00 am Strength Mix		10:00-11:00 am Strength Mix	
11:00-12:00 pm Line-Dancing	12:15-12:45 pm Take Lunch to the Core	11:00-12:00 pm Line-Dancing	12:15-12:45 pm Take Lunch to the Core		
2:30-4:30 pm Family Walking	2:30-4:30 pm Family Walking	2:30-4:30 pm Family Walking	2:30-4:30 pm Family Walking	2:30-4:30 pm Family Walking	
4:15-5:15 pm Teen Shape-Up		4:15-5:15 pm Teen Shape-Up			
5:30-6:15 pm Y-Cycling	5:10-5:55 pm Y-Cycling	5:30-6:15 pm Y-Cycling	5:10-5:55 pm Y-Cycling		
5:30-6:30 pm Yoga	5:15-6:15 pm Yogilates	5:30-6:30 pm Yoga	5:15-6:15 pm Yogilates		
6:30-8:00 pm Karate	6:00-7:00 pm Totally Tone	6:30-8:00 pm Karate	6:00-7:00 pm Totally Tone		
6:15-7:15 pm Aqua Aerobics		6:15-7:15 pm Aqua Aerobics			
6:30-7:30 pm Butts & Guts		6:30-7:30 pm Butts & Guts	7:15-8:00 pm Beginner Line-Dancing		
7:30-9:00 pm Family Walking	7:30-9:00 pm Family Walking	7:30-9:00 pm Family Walking	7:30-9:00 pm Family Walking	7:30-9:00 pm Family Walking	

Downtown YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00 am Y-Cycling	8:30-9:30 am Totally Tone	9:00-10:00 am Y-Cycling	8:30-9:30 am Totally Tone		9:00-10:00 am Body-Fit 9:00-11:00 am Advanced Karate
5:15-6:30 pm Tighten-Up	5:30-6:45 pm Proportionally-Fit	5:15-6:30 pm Tighten-Up	5:30-6:45 pm Proportionally-Fit		
5:30-6:30 pm Youth Karate		5:30-6:30 pm Youth Karate			
6:30-7:30 pm Body-Fit	6:45-8:15 pm Adult Karate 6:45-7:30 pm Y-Cycling	6:30-7:30 pm Body-Fit	6:45-8:15 pm Adult Karate 6:45-7:30 pm Y-Cycling		

Note: After 5:00 pm, youth under the age of 13 are not permitted access to the YMCA unless accompanied by a parent / guardian or registered in a YMCA program.

EAST LIVERPOOL AREA YMCA

FITNESS CLASS DESCRIPTIONS

Aqua Aerobics	A high-intensity, low-impact cardiovascular workout performed in shallow water.
Aqua Fit	A low-impact cardiovascular workout incorporating elements of kickboxing, aerobics and aqua jog performed in both shallow and deep water.
Beginner Line-Dancing	Introductory line-dancing class designed to give you a low-intensity cardiovascular workout while learning basic dance steps.
Body-Fit	A low- to moderate-intensity combination of the most effective exercises to improve flexibility, increase strength, and burn calories.
Butts & Guts	A low-impact strength training class designed to tone the butt and trim the gut! This class will be held in the Gymnasium.
Family Walking	During this designated time, families may use the walking track together in the Wellness Center. Youth / Teens age 15 and under must be accompanied by a parent or guardian. Please note: strollers are not permitted on the walking track.
Proportionally-Fit	A fun, low- to moderate-intensity class consisting of cardiovascular and muscle toning exercises to help create a harmonious body.
Strength Mix	A low-intensity mix of various strength and cardiovascular exercises.
Step-N-Tone	A beginner step class that combines strength and toning exercises with traditional low-impact step aerobics.
Take Lunch to the Core	A quick, low-impact workout using a variety of exercises to target the abdominal and low-back muscles. This class requires only 30 minutes.
Teen Shape-Up	A fun, low-impact workout for teenagers using a variety of strengthening exercises for the entire body, while specifically targeting the abdominal muscles.
Tighten-Up	A low- to moderate-intensity total body conditioning class.
Totally Tone	A fun, low-impact cardiovascular conditioning class that incorporates abdominal toning and flexibility exercises.
Y-Cycling	A fun, moderate to high intensity group cycling class set to music. Y-Cycling is a great cross-training program that will challenge you mentally and physically. We recommend bringing a small towel and bottle of water.
Yoga	A workout for mind and body. This class focuses on improved flexibility, body shape, posture and breathing techniques while reducing stress and energizing the body!
Yogilates	A fusion of Pilates and yoga, for balanced core strength and a complete mind, body, and breath experience, ending with a relaxation exercise for stress release.