



**Fitness Schedule / Aerobics Room**  
**YMCA of Ross County**  
**2021**

100 Mill Street  
 Chillicothe, Ohio 45601  
 740.772.4340

|          | MON                                           | TUE                                                  | WED                                                           | THU                                           | FRI                                       | SAT                                         | SUN |
|----------|-----------------------------------------------|------------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------|-------------------------------------------|---------------------------------------------|-----|
| 5:00 AM  |                                               |                                                      |                                                               |                                               |                                           |                                             |     |
| 6:00 AM  |                                               |                                                      |                                                               |                                               |                                           |                                             |     |
| 7:00 AM  |                                               |                                                      |                                                               |                                               |                                           |                                             |     |
| 8:00 AM  |                                               | Silver Sneakers<br>Gwen McLaughlin<br>8am-8:45am     |                                                               |                                               |                                           |                                             |     |
|          |                                               | Walking Club<br>Nikki Alexander<br>8am-8:45am        |                                                               | Walking Club<br>Nikki Alexander<br>8am-8:45am |                                           |                                             |     |
| 9:00 AM  | Total Fitness<br>Lydia Linton<br>9:00-9:50am  | Spin & Stix Cardio<br>Nikki Alexander<br>9:00-10:00a | Cardio & Strength<br>Nikki Alexander<br>9:00-10:00a           | Core Focus<br>Sarah Caplan<br>9:00-9:50am     |                                           | Kickboxing<br>Audrey Barker<br>9:00-10:00am |     |
| 10:00 AM | Aqua Fit<br>Nikki Alexander<br>10:00-10:45a   |                                                      |                                                               | Aqua Fit<br>Suzi Cunningham<br>10:00-10:45a   |                                           | Zumba<br>Beverly Britton<br>10:00-11:00am   |     |
| 11:00 AM |                                               |                                                      |                                                               | Silver Sneakers<br>Lydia Linton<br>11-11:45pm |                                           |                                             |     |
| 1:00 PM  | Enhance Fitness<br>Lydia Linton<br>1-1:45pm   |                                                      | Enhance Fitness<br>Cordy Boedecker<br>1-1:45pm                |                                               | Chair Yoga<br>Cordy Boedecker<br>1-1:45pm |                                             |     |
| 2:00 PM  |                                               |                                                      |                                                               |                                               |                                           |                                             |     |
| 5:00 PM  | Zumba Toning<br>Joanne & Tancy<br>5:30-6:30pm | Dynamic Fit<br>Myranda Vance<br>5:30-6:30pm          | Zumba<br>Tancy Matter<br>5:30-6:30pm                          | Tabata<br>Myranda Vance<br>5:30-6:30pm        |                                           |                                             |     |
| 6:00 PM  | Gentle Yoga<br>Cordy Boedecker<br>6:35-7:30pm | Pilates<br>Beverly Britton<br>6:30-7:30pm            | Circuit Training<br>(Stations)<br>Sarah Caplan<br>6:30-7:30pm | Gentle Yoga<br>Cordy Boedecker<br>6:35-7:30pm |                                           |                                             |     |
| 7:00 PM  |                                               | Aqua Zumba<br>Joanne Jepson<br>6:30-7:30pm           |                                                               | Aqua Zumba<br>Joanne Jepson<br>6:30-7:30pm    |                                           |                                             |     |
| 8:00 PM  |                                               |                                                      |                                                               |                                               |                                           |                                             |     |