



SUMMER SCHEDULE

Welcoming You Back Safely!

1. To practice social distancing & to allow for cleaning; class availability, size and times have been adjusted
2. Classes & Times are subject to change – sign up for remind notification at the Welcome Center Desk
3. Please arrive on time, we encourage you to bring your own fitness mat, towel and water bottle.

GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAKE IT A GREAT WEEK!!!	8:00-9:00 am Yoga Plus Beth-Aerobic Studio	8:00-9:00 am Cardio Challenge Lori K-Aerobic Studio	5:00-6:00 am Boot Camp Mat-Gymnasium	8:00-9:00 am Cardio Challenge Amy – Aerobic Studio	8:00-8:45 am Total Body Interval Robyn-Aerobic Studio
8:00-8:55 am Dance Fitness Kary-Aerobic Studio	9:30-10:30 am Cardio Challenge Lori K-Aerobic Studio	9:30-10:30 am Essentrics Stretch Debbie-Aerobic Studio	8:00-9:00 am MOSSA GROUP POWER Beth-Aerobic Studio	5:00-5:45 pm Kettlebells Large Classroom	9:00-10:00 am Cardio Challenge Leslie-Aerobic Studio
9:30-10:30 am Essentrics Stretch Debbie-Aerobic Studio	9:00-9:45 am Boot Camp Chris –Wellness Area	5:00-5:55 pm Yoga Plus Beth-Aerobic Studio	9:30-10:30 am Dance Fitness Kary-Aerobic Studio		10:30-11:30 am FIT Class Porfirio-Aerobic Studio
5:00-6:00 pm MOSSA GROUP POWER Beth-Aerobic Studio	11:00-11:55 am Cardio Challenge Amy – Aerobic Studio	5:00-5:45 pm Kettlebells Reneta –Large Classroom	9:00-9:45 am Boot Camp Chris-Wellness Area		Porfirio's Saturday FIT Class will end on March 27, 2021 and will resume in the Fall
5:00-5:45 pm Kettlebells Reneta-Large Classroom	11:00-11:55 am Kettlebells Heidi-Large Classroom	6:00-7:00 pm Step Fitness Deb C-Aerobic Studio	11:00 – 11:55 am Cardio Challenge Amy-Aerobic Studio		
	5:15 –6:00 pm Cardio Challenge Varies-Aerobic Studio		11:00-11:55 am Kettlebells Heidi-Large Classroom		
			7:00 –7:55 pm Zumba Erica-Aerobic Studio		
				* Schedule reflects June 1, 2021	

ACTIVE OLDER ADULT

Monday	Tuesday	Wednesday	Thursday	Friday
11:00-11:55 am Enhance Fitness Anu-GYM	9:30 – 10:15 am Cardio Challenge Amy- Lucas Comm Ctr	11:00-11:55 am Enhance Fitness Anu- GYM	9:30 – 10:15 am Cardio Challenge Amy- Lucas Comm Ctr	9:30 – 10:15 am Cardio Challenge Amy- Lucas Comm Ctr
12:30-1:15 pm Zumba Gold Anu-Aerobic Studio	10:00 am –10:55 am Silver Sneakers Anu-Gym	12:30-1:15 pm Zumba Gold Anu-Aerobic Studio		11:00-11:55 am Enhance Fitness Anu-GYM
1:30-2:30 pm Senior Yoga Anu-Aerobic Studio		1:30-2:30 pm Senior Yoga Anu-Aerobic Studio		12:30-1:15 pm Zumba Gold Anu-Aerobic Studio
				1:30-2:30 pm Senior Yoga Anu-Aerobic Studio



SUMMER SCHEDULE

CYCLING CLASS

Monday	Tuesday	Wednesday	Thursday	Friday
11:00– 12:00 pm MOSSA Group Ride Beth-Aerobic Studio	5:30 – 6:30 pm Indoor Cycling Sally-Large Classroom	11:00– 12:00 pm MOSSA Group Ride Beth-Aerobic Studio		11:00– 12:00 pm Indoor Cycling Sally -Aerobic Studio

WATER FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:15 am Water Aerobics Susan-Pool	8:30-9:30 am Water Aerobics Sharon L-Pool	8:30-9:15 am Water Aerobics Sharon F-Pool	8:30-9:30 am Water Aerobics Sharon L-Pool	8:30-9:15 am Water Aerobics Susan-Pool
9:30-10:00 am Aqua Abs Barb - Pool	7:00-8:00 pm Water Bootcamp Beth-Pool	9:30– 10:00 am Aqua Abs Barb - Pool		9:30-10:00 am Aqua Abs Barb - Pool
10:00-10:45 am Water Walking Barb - Pool		10:00-10:45 am Water Walking Barb - Pool		10:00-10:45 am Water Walking Barb -Pool
11:15 – 12:00 pm Aqua Fit Amy – Pool		11:15 – 12:00 pm Aqua Fit Amy – Pool		11:15– 12:00 pm Aqua Fit Amy – Pool
6:00-7:00 pm Water Aerobics Beth - Pool		6:00 – 7:00 pm Water Aerobics Michelle – Pool		

VIRTUAL CLASSROOM

The Mansfield Area YMCA is offering a virtual classroom where you can enjoy virtual MOSSA workouts inside the YMCA with a dedicated classroom and equipment! Members can reserve the room and engage with virtual MOSSA workout instructors to bring you a heart-pumping exercise experience.



PURPLE REPRESENTS CLASSES THAT ARE HELD AT THE:
LUCAS COMMUNITY CENTER:
 252 West Main Street
 Lucas, Ohio 44843