

Stepping Out

August 2019



This Program is provided through a grant from the Mercy Health Foundation

<u>Monday</u>	<u>Start Time</u>	<u>End Time</u>	<u>Site</u>	<u>Location</u>
Cardio Strength	12:00 PM	1:00 PM	HRNM	Youngstown
Beginner Line Dancing	4:00 PM	6:00 PM	ANC	Youngstown
Fitness Walk	4:30 PM	5:30 PM	GMCCC	Youngstown
Zumba	4:30 PM	5:30 PM	AME	Warren
Zumba	5:30 PM	6:30 PM	GMCCC	Youngstown
Line Dancing	5:30 PM	7:30 PM	AME	Warren
Physical Fitness	5:00 PM	6:00 PM	GCVC	Youngstown
Majestic Monday (Line Dancing)	6:00 PM	8:00 PM	ANC	Youngstown
TATC (Toned Arms, Tight Core)	6:30 PM	7:00 PM	GMCCC	Youngstown
Strong30	7:00 PM	7:30 PM	GMCCC	Youngstown
Core/Cardio Craze	7:30 PM	8:30 PM	AME	Warren
<u>Tuesday</u>	<u>Start Time</u>	<u>End Time</u>	<u>Site</u>	<u>Location</u>
Chair Aerobics	1:00 PM	2:00 PM	ANC	Youngstown
Line Dancing	5:00 PM	7:00 PM	TFF	Warren
Zumba	5:30 PM	6:30 PM	HRNM	Youngstown
Twinkle Toes Tuesday (Line Dancing)	5:45 PM	7:15 PM	Taft	Youngstown
Line Dancing	6:00 PM	8:00 PM	NWC	Niles
Strong45	7:15 PM	8:15 PM	EBFC	Youngstown
<u>Wednesdays</u>	<u>Start Time</u>	<u>End Time</u>	<u>Site</u>	<u>Location</u>
Walk Easy Wednesday (Line Dancing)	3:30 PM	5:30 PM	GMCCC	Youngstown
Physical Fitness	5:00 PM	6:00 PM	GCVC	Youngstown
Dance Fusion	5:30 PM	6:30 PM	COC	Campbell
Strong30	5:30 PM	6:00 PM	GMCCC	Youngstown
Booty "n" Biceps	6:00 PM	6:30 PM	GMCCC	Youngstown
Core Tabata	6:30 PM	7:00 PM	GMCCC	Youngstown
<u>Thursdays</u>	<u>Start Time</u>	<u>End Time</u>	<u>Site</u>	<u>Location</u>
Chair Aerobics	11:00 AM	12:00 PM	EARC	Youngstown
Kick-Butt Kettlebell	5:30 PM	6:30 PM	TFF	Warren
Triple Step Thursday (Line Dancing)	5:30 PM	7:00 PM	HRNM	Youngstown
Zumba	5:30 PM	6:30 PM	NWC	Niles
Zumba	5:45 PM	6:45 PM	Taft	Youngstown
Line Dancing	6:00 PM	8:00 PM	TFF	Warren
Line Dancing	6:00 PM	8:00 PM	EBFC	Youngstown
Dance Fusion	7:00 PM	8:00 PM	EARC	Youngstown
<u>Friday</u>	<u>Start Time</u>	<u>End Time</u>	<u>Site</u>	<u>Location</u>
Zumba	5:30 PM	6:30 PM	OCCHA	Youngstown
TATC (Toned Arms, Tight Core)	6:30 PM	7:15 PM	OCCHA	Youngstown
<u>Saturday</u>	<u>Start Time</u>	<u>End Time</u>	<u>Site</u>	<u>Location</u>
Zumba	7:00 AM	8:00 AM	EBFC	Youngstown
Bodied by Ava Bootcamp	9:00 AM	10:00 AM	TFF	Warren
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Health Screenings (Only)

August 5, 1:00 pm - 2:30 pm (ANC)	August 19, 5:00 pm - 6:30 pm (GCVC)
August 6, 6:00 pm - 7:30 pm (NWC)	August 19, 12:00 pm - 1:00 pm (HRNM)
August 8, 5:30 pm - 6:30 pm (NWC)	August 21, 5:30 pm - 6:30 pm (COC)
August 15, 11:00 am - 12:00 pm (EARC)	August 23, 5:30 pm - 6:30 pm (OCCHA)

Health Screenings & Healthy Eating Educational Demonstration

August 5, 4:30 pm - 6:30 pm (ANC)	August 15, 6:00 pm - 7:30 pm (EBF)
August 7, 4:30 pm - 6:30 pm (GMCCC)	August 22, 5:45 pm - 6:45 pm (TAFT)
August 12, 4:30 pm - 6:30 pm (AME)	August 27, 5:30 pm - 6:30 pm (HRNM)
August 13, 5:00 pm - 6:30 pm (TFF)	

Health at Home

August 7, 4:00 pm - 5:00 pm (GMCC)	August 23, 5:30 pm - 6:30 pm (OCCHA)
August 19, 5:00 pm - 6:00 pm (GCVC)	August 29, 5:30 pm - 6:30 pm (HRNM)

Sites and Locations

	<u>Phone Number</u>
(ANC) McGuffey Centre, 1649 Jacobs Rd. Youngstown, OH 44505	330-744-4377
(AME) Grace AME, 1137 Main Ave. SW, Warren, OH 44483	330-394-6270
(COC) City of Campbell, (Roosevelt Park) Sycamore Dr., Campbell, OH 44405	330-755-1451
(EARC) Eugenia Atkinson Recreation Center, 903 Otis St. Youngstown, OH 44510	330-747-3299
(EBF) E.B. Family Life Center, 7 S. Garland Ave, Youngstown, OH 44506	330-746-7190
(GCVC) Grace Community Vision Center, 2214 Mahoning Ave., Youngstown, OH 44509	330-707-4714
(GMCCC) Greater Mill Creek Community Center, 496 Glenwood Ave, Youngstown, OH 44502	330-743-0020
(HRNM) Heart Reach Neighborhood Ministries, 211 Redondo, Youngstown, OH 44503	330-744-2000
(NWC) Niles Wellness Center, 213 Sharkey Dr., Niles, OH 44446	330-349-9355
(OCCHA) OCCHA, 3660 Shirley Rd. Youngstown, OH 44505	330-781-1808
(Taft) Taft Elementary School, 730 E. Avondale Ave. Youngstown, OH 44502 (United Way)	330-746-8494
(TFF) Trumbull Family Fitness, 210 High St. NW Warren, OH 44481	330-394-1565

Please Note:

- 1) August 9: Walk Youngstown**
- 2) August 10: AAMWW at Covelli Center**
- 3) August 17: Let's Move at Amphitheater**
- 4) August 25: Panerathon at Covelli Center**

**For information or scheduling with Nutritional Educator or Personal Trainer call
Doris Bullock, Project Coordinator, (C) 330-720-3293, (O) 330-480-8659
Email: dibullock@mercy.com**

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Class Descriptions

Bodied By Ava Bootcamp A type of group exercise/ interval training class that mixes traditional calisthenics and body weight exercises with interval training and strength training. Programs are designed to build strength and fitness through a variety of types of exercise and calisthenics, such as pull-ups, pushups, lunges and crunches, as well as drills and sprints. We will incorporate bursts of intense activity alternated with intervals of lighter activity. This high-energy, sweat-inducing class will help you lunge, jump, push and pull with more power and endurance. Sequencing varies with the use of weights, steppers, jump ropes, medicine balls, slam balls, etc. and we will venture outside. Suitable for ALL fitness levels. Equipment is available on site.

Booty 'n' Biceps is a 30 minute class focusing on toning the glutes and lower body and increasing upper body strength. Suitable for ALL fitness levels as modifications are available. Equipment needed: exercise mat, dumbbells (whatever size that is appropriate for the fitness level of each participant), resistance bands

CardioStrength is a low impact fitness class that includes functional movement, aerobic exercises, and strength/resistance training with very light weights and resistance bands. Suitable for ALL fitness levels. Equipment is available on site.

Chair Aerobics is an aerobic workout with emphasis on improving cardio and strengthening muscles for participants who may have certain physical restrictions or limits in a traditional setting. We use chairs, weights, and resistance bands partnered with an upbeat playlist to make class productive and enjoyable. Suitable for ALL fitness levels. Equipment is available on site.

Core/Cardio Craze In this class we will work our Core with exercises to improve your balance and stability. Core exercises also train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. Use of body weight exercises, for example squats, jumping jacks, lunges, punches, planks, push-ups etc. to get the heart rate up and burn calories. Will use chairs or mats for intensive core work. However many core exercises don't require specialized equipment.

Core Tabata is a high intensity interval training program specifically targeting the abdominal and core muscles where an exercise is performed at maximum efforts for 20 seconds followed by a 10 second rest period. This cycle is repeated 8 times for each exercise. Suitable for ALL fitness levels as modifications are available. Equipment needed: exercise mat, dumbbells (whatever size that is appropriate for the fitness level of each participant)

Dance Fusion is an intermediate aerobic class with emphasis on improving flexibility, cardio-vascular strength and muscular strength via a variety of dance genre's. It is a combination of Zumba fitness, Hip Hop, Jazz, Vogue, Majorette, Line Dance, ballroom, and stepping. The instructor fuses all of these dance genre's into an hour of fitness that is both effective and exciting. Suitable for ALL fitness levels. Equipment needed: none.

Fitness Walking is a 60 minute class where participants are able to walk the circumference of the gym at their own pace while socializing with others or on their own. It is also an opportunity to walk with the instructor one on one and get advice and answers on anything health and fitness related. Great way to get those daily steps in in a safe environment. Suitable for ALL fitness levels. Equipment needed: none

It Feels Good Line Dancers If you came to put a smile on yur face then you come to the right place! We dance to take away the stress of everyday life. We sweat in this class so whoever said line dancing in not exercise is not doing it right! We don't always do beginner dances, but we do break them down to beginner level. We all started somewhere, you're welcome to start here! Suitable for ALL fitness levels. Equipment needed: none



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Kick-Butt Kettlebell Kettlebell class/training uses dynamic moves using whole-body exercises to deliver cardio, strength, and flexibility benefits in a short amount of time and can be beneficial for anyone no matter the level of fitness. Kettlebells come in a range of off-centered weights (5lb-30lb) and a workout includes different movements such as the deadlift, swing, squats, halos and orbits. More advanced movements can be incorporated in time. Suitable for ALL fitness levels. Equipment is available on site

Line Dancing is a Soul/Urban line dance class. This class is a fun and an exciting way to dance your way to good health! The instructor will teach you low, moderate and high energy line dance routines and will help you burn calories at the same time. It's a fun way to exercise and it will free the dancer in you! No partners needed--perfect for singles! Suitable for ALL fitness levels. Equipment needed: none

Majestic Monday this class focus is on dances with a combination of various line dance steps with some complex movements. It is good for dancers to know the basic line dance steps (*but not required*). Everyone is welcome - be ready to have fun and exercise your mind and body. Suitable for ALL fitness levels. Equipment needed: none

Physical Fitness this class focuses on your overall well being. We will work on endurance at your own pace. The class includes dance workouts, equipment circuits, walking, weight exercises, and flexibility stretches. Suitable for ALL fitness levels. Equipment needed: none

STRONG by Zumba® /STRONG30-45 combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. In each class you'll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. Suitable for ALL fitness levels as modifications are available. Equipment needed: exercise mat

TATC (Toned Arms Tight Core) is a 30 minute class focusing on upper body and core strength. Various exercises and styles are incorporated in this class. Suitable for ALL fitness levels as modifications are available. Equipment needed: exercise mat, dumbbells (whatever size that is appropriate for the fitness level of each participant)

Total Body "Tabata" is a high intensity interval training program where an exercise is performed at maximum efforts for 20 seconds followed by a 10 second rest period. This cycle is repeated 8 times for each large muscle group. Suitable for ALL fitness levels as modifications are available. Equipment needed: exercise mat, dumbbells (whatever size that is appropriate for the fitness level of each participant)

Triple Step Thursday this class is driven on improving steps, moves, and *DANES* along with *TIMING* to the music. Everyone is welcome to come to have fun and enjoy while improving your line dancing skills and timing. Suitable for ALL fitness levels. Equipment needed: none

Twinkle Toes Tuesday this class is a variety of the level starting with dances that have simple moves then moving to dances with complex steps and movements. Everyone is welcome - be ready to have fun while progressing your line dancing skills. Suitable for ALL fitness levels. Equipment needed: none

Walk Easy Wednesday this class focus on basic line dance steps and simple dances with an introduction to dances with combination moves and steps. Everyone is welcome to be ready to learn and have fun. Suitable for ALL fitness levels. Equipment needed: none

Zumba is a fitness program inspired by various rhythms and dancing styles. The routines feature aerobic/fitness interval training with a combination of dance moves and exercises that tone and sculpt the body. Some popular genres in my class are reggaeton, pop, hip-hop, salsa, merengue and more! Suitable for ALL fitness levels as modifications are available. Equipment needed: none