

# Stepping Out (Free Virtual and On Site Classes)

## October 2020



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

<b><u>Monday</u></b>	<b><u>Start Time</u></b>	<b><u>Instructor</u></b>	<b><u>Location</u></b>
Core Tabata	8:30 AM	Kelley Frazier	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Chairs Aerobics	10:00 AM	Faith Wallace	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Senior Aerobics	10:00 AM	Margo Senek	Niles Wellness Center
Chair Cardio	11:30 AM	Doreen Block	Heart Reach Neighborhood Ministries
Fit Walking Class	3:00 PM	Faith Wallace	Greater Mill Creek Community Center
Zumba	4:30 PM	Tamara Cooper	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Beginner Line Dance	4:00 PM	Lynn McElroy	Associate Neighborhood Centre
Total Body Strength	5:00 PM	Kelley Frazier	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Line Dancing	5:30 PM	Mary King	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Zumba MAX	5:40 PM	Kelley Frazier	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Majestic (Line Dancing)	6:00 PM	Sonja Lynn	Associate Neighborhood Centre
Core/Cardio Craze	6:00 PM	Ava Lilley	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Chair Aerobics	6:00 PM	Doreen Block	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
<b><u>Tuesday</u></b>	<b><u>Start Time</u></b>	<b><u>Instructor</u></b>	<b><u>Location</u></b>
Run/Walk/Strength Circuit Training	8:30 AM	Kelley Frazier	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Chair Aerobics	1:00 PM	Doreen Block	Associate Neighborhood Centre
Line Dancing	3:30 PM	Lynn McElroy	Greater Mill Creek Community Center
Super Senior Exercise Class	4:00 PM	Carolyn Spires	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Line Dancing	5:00 PM	Sonja Lynn	OCCHA
Total Body Strength	5:00 PM	Kelley Frazier	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Zumba MAX	5:40 PM	Kelley Frazier	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Kickboxing Plus	6:00 PM	Ava Lilley	Trumbull Family Fitness
Beginner Line Dancing	6:00 PM	Allyson Stephen	Niles Wellness Center
Zumba	6:00 PM	Doreen Block	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
<b><u>Wednesdays</u></b>	<b><u>Start Time</u></b>	<b><u>Instructor</u></b>	<b><u>Location</u></b>
Chair Aerobic	10:00 AM	Faith Wallace	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Yogalaties	12:00 PM	Doris Bullock	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Chair Aerobics	1:00 PM	Doreen Block	Associate Neighborhood Centre
Line Dancing	3:00 PM	Lynn McElroy	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Walk Easy (Line Dancing)	3:30 PM	Sonja Lynn	Greater Mill Creek Community Center
Physical Fitness	6:00 PM	Tanisha P. & Tina G.	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Cardo Plus	7:30 PM	Ava Lilley	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
<b><u>Thursdays</u></b>	<b><u>Start Time</u></b>	<b><u>Instructor</u></b>	<b><u>Location</u></b>
Core Tabata	8:30 AM	Kelley Frazier	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Chair Aerobics	11:00 AM	Doreen Block	Eugenia Atkinson
Line Dancing	3:00 PM	Lynn McElroy	OCCHA
Teach Me Thursday	4:30 PM	Bryan Pegued	Greater Mill Creek Community Center
Total Body Strength	5:00 PM	Kelley Frazier	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Zumba	5:30 PM	Tamara Cooper	Niles Wellness Center
Kickbutt Kettlebell	5:30 PM	Ava Lilley	Trumbull Family Fitness
Triple Step (Line Dancing)	5:30 PM	Sonja Lynn	Heart Reach Neighborhood Ministries
Zumba MAX	5:40 PM	Kelley Frazier	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Dance Fusion	6:00 PM	Doreen Block	Eugenia Atkinson
Line Dance Cardio	6:30 PM	Kissa Graham	Trumbull Family Fitness
<b><u>Friday</u></b>	<b><u>Start Time</u></b>	<b><u>Instructor</u></b>	<b><u>Location</u></b>
Core Tabata	8:00 AM	Kelley Frazier	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Run/Walk/Strength Circuit Training	8:40 AM	Kelley Frazier	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Chair Aerobic	10:00 AM	Faith Wallace	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
<b><u>Saturday</u></b>	<b><u>Start Time</u></b>	<b><u>Instructor</u></b>	<b><u>Location</u></b>
Total Body Strength	8:00 AM	Kelley Frazier	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Bodied by Ava Bootcamp	9:00 AM	Ava Lilley	Trumbull Family Fitness

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## Fitness Educational Virtual Training (One-on-One)

By appointment only Doris Bullock 330-720-3293

## Monthly Health Screenings

Call for more information Doris Bullock 330-720-3293

## September Healthy Eating Educational Demonst Instructor

## Location

Michelle Golladay [www.facebook.com/steppingoutyoungstown](http://www.facebook.com/steppingoutyoungstown)

## Sites and Locations

## Phone Number

(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
(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
(IMY) Inspiring Minds Youngstown, 2246 Glenwood Ave, Youngstown, OH 44511	234-254-8124
(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) For updated Stepping Out Program calendars visit:  
[www.mercy.com/-/media/mercy/youngstown/stepping-out-calendar](http://www.mercy.com/-/media/mercy/youngstown/stepping-out-calendar)
- 2) The following sites are now open:
  - Associate Neighborhood Centre (McGuffey Centre)
  - Eugenia Atkinson
  - Greater Mill Creek Community Center
  - Heart Reach Neighborhood Ministries
  - Niles Wellness Center
  - OCCHA
  - Taft/United Way (Greater Mill Creek Community Center)
  - Trumbull Family Fitness

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](mailto:dibullock@mercy.com)

(For updated calendars: [www.mercy.com/-/media/mercy/youngstown/stepping-out-calendar](http://www.mercy.com/-/media/mercy/youngstown/stepping-out-calendar))

Turn over



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### *Class Descriptions*

**Active Super Senior Exercise Class** is a fun way to get in and stay in shape! A scarf, two cans, or two water bottles and a chair are all you'll need to stretch, gain strength and improve your balance!. Suitable for ALL fitness levels.

**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.

**Cardio Strength** 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.

**Cardio Plus** is timed interval circuits to get heart rate up with a quick recovery then up again.

**Chair Aerobics/Senior 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 your 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 is 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

**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

**Kickboxing Plus** is a high intensity, high interval class using punches and kicks in different variations to keep the heart rate up. Gloves are recommended but not required. Suitable for ALL fitness levels. Equipment is available on site.

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**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

**Run/Walk/Strength Circuit Training** is a class using running or power walking intervals paired with strength training exercises. Suitable for all fitness! Treadmill/access to a track or trail is recommended.

**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

**Walking Class** is a 60 minute class where participants can walk at their own pace. It is also an opportunity to walk with the your friends and make new friends. Great way to get those daily steps. Suitable for ALL fitness levels. Equipment needed: none

**Yogalaties** is Pilates and yoga combine. This class will help to create strength, stability, and support for the spine and the whole body by syncing breath and movement in this flow based class. Find energy, strength, and flexibility while staying kind and gentle to yourself. Suitable for ALL fitness levels. Equipment needed: stretch band and pillow (if needed)

**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

**Zumba MAX** is a Zumba class with the KFF twist! It is suitable for all fitness levels with modifications as appropriate or necessary. Be ready to sweat and torch calories!!