

Stepping Out (Free Virtual and On-Site Classes) April 2024

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



| Mondays | Start Time | Instructor | Location |
|---|-------------------|--------------------|---|
| Christ Centered Yoga | 8:30 AM | Bethanie Meredith | https://us06web.zoom.us/j/87141117511 |
| Chairs Aerobics | 10:00 AM | Faith Wallace | https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUdxdWJCczBzQXI0QT09 |
| Senior Aerobics | 10:00 AM | Margo Senek | Fitness 330 |
| Chair Aerobics | 10:00 AM | Terri Dean | Niles Wellness Center |
| Chair Aerobics April 1 & 15 Only | 11:00 Am | Toscha Gentry | Glenwood Fresh Market |
| Walk with The Doc April 29 Only | 12:00 PM | Dr. Weiss | Boardman Davis YMCA Topic: "Skin Care" |
| Chair Volleyball | 12:00 PM | Nakiya Salter | Heart Reach Neighborhood Ministries |
| Chair Yoga | 1:00 PM | Doris Bullock | Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293 |
| Old School Fitness Walking | 3:00 PM | Faith Wallace | Greater Mill Creek Community Center |
| Beginner Line Dance | 3:00 PM | Lynn McElory | Associate Neighborhood Centre |
| Country Line Dance | 4:30 PM | Shelia Cornell | Fitness 330 |
| Zu-Bata | 5:00 PM | Kelley Frazier | Greater Mill Creek Community Center |
| Hatha Yoga | 5:00 PM | Michelle Best | CLWCC (Lowellville, OH) |
| Let's Just Dance | 5:00 PM | Carol Williams | Eugenia Atkinson Recreation Center |
| Zumba | 5:00 PM | Tamara Cooper | Grace AME |
| Zu-Bata | 5:45 PM | Kelley Frazier | Greater Mill Creek Community Center |
| Chair & More | 6:00PM | Ava Lilley-Degross | Grace AME |
| Yoga For All | 6:00 PM | Marioga LLC | TriYOUity |
| Hip Hop | 6:00 PM | Doreen Block | Associate Neighborhood Centre |
| Adv Urban Ballroom Dancing | 6:30 PM | Jim Locker | Greater Mill Creek Community Center |
| Line Dance | 7:00 PM | Kissa Graham | Grace AME |
| Tuesdays | Start Time | Instructor | Location |
| Chair Volleyball | 9:30 AM | Toscha Gentry | Jewish Community Center of Youngstown |
| Chair Aerobics | 11:30 AM | Sonja Lynn | St. Angela Merici |
| Chair Aerobics | 11:45 AM | Toscha Gentry | Austintown Senior Center |
| Chair Aerobics & Chair Volleyball | 1:00 PM | Nakiya Salter | Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293 |
| Line Dancing | 3:00 PM | Selina Cotton | OCCHA |
| Super Senior Exercise | 4:00 PM | Carolyn Spires | https://us02web.zoom.us/j/72919939523?pwd=QUo0OGltS0ZQd3FrMIN2YTNNWFYQT09 |
| Yogalates (Yoga & Pilates) | 4:30 PM | Colleen Dunn | https://us04web.zoom.us/j/7576882271?pwd=Z1NYZC9NSzIhTnNTXkdUczVUMUwzZz09 |
| Yoga | 5:00 PM | Michelle Best | Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293 |
| Let's Just Dance | 5:00 PM | Carol Williams | OCCHA |
| Urban Ballroom Dancing | 5:00 PM | Jim Locker | Greater Mill Creek Community Center |
| Keeping it Real Kickboxing | 5:30 PM | Ava Lilley-Degross | Warren SCOPE Center |
| It Feels Good Urban Line Dance | 6:00 PM | Kissa Graham | Niles Wellness Center |
| Zumba | 6:00 PM | Doreen Block | www.facebook.com/steppingoutyoungstown |
| Wednesdays | Start Time | Instructor | Location |
| MiBoSo SONrise Stretch | 8:00 AM | Sherry Woods | https://zoom.us/j/92429017147?pwd=aGhhL0xURmplQWsyM0VzazgybFdVdz09 |
| Senior Aerobics | 10:00 AM | Margo Senek | Fitness 330 |
| Chair Aerobics | 10:00 AM | Faith Wallace | https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUdxdWJCczBzQXI0QT09 |
| Chair Aerobics | 10:00 AM | Terri Dean | Niles Wellness Center |
| Chair Volleyball | 1:00 PM | Toscha Gentry | Hubbard Scope |
| Chair Aerobics | 1:00 PM | Doris Bullock | Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293 |
| Chair Aerobics | 1:30 PM | Nakiya Salter | Villa Maria |
| Bold Beginners Line Dance | 3:00 PM | Lynn McElory | Greater Mill Creek Community Center |
| Urban Ballroom Dancing | 4:30 PM | Jim Locker | CLWCC (Lowellville, OH) |
| Zumba (April 17 & 24) | 5:00 PM | Mari Basile | OCCHA |
| Hustle & Glow | 5:00 PM | Candys Mayo | Greater Mill Creek Community Center |
| Chair Aerobics | 6:00 PM | Doreen Block | www.facebook.com/steppingoutyoungstown |
| Chair Yoga | 6:00 PM | Jeanette Cole | EJ Blott Elementary School |
| Yoga For All | 6:00 PM | Marioga LLC | TriYOUity |
| Zumba | 6:00 PM | Doreen Block | Associate Neighborhood Centre |
| Thursdays | Start Time | Instructor | Location |
| Chair Aerobics | 9:30 AM | Toscha Gentry | CLWCC (Lowellville, OH) |
| See page 2 for more classes | | | |



(Use the barcode to upload the Stepping Out Program calendar or call Doris Bullock, Stepping Out Program Supervisor
(C) 330-720-3293, (O) 330-480-8659 Email: dibullock@mercy.com)
(<https://www.mercy.com/-/media/mercy/youngstown/stepping-out-calendar>)

Stepping Out (Free Virtual and On-Site Classes) April 2024

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



| Thursdays | Start Time | Instructor | Location |
|--|------------|---------------------|---|
| Walking For a Healthier You | 9:30 AM | Nakiya Salter | Niles Wellness Center (Questions about walking: call 330.314.2021) |
| Chair Volleyball | 10:00 AM | Nakiya Salter | Niles Wellness Center |
| Walking/Chair Volleyball & Aerobics | 11:00 AM | Faith Wallace | Eugenia Atkinson |
| Chair Volleyball | 11:30 AM | Sonja Lynn | St. Angela Merici |
| Chair Volleyball | 12:00 PM | Nakiya Salter | Heart Reach Neighborhood Ministries |
| Pilates | 2:30 PM | Kassandra Johnson | Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293 |
| Fitness Walking Class | 3:00 PM | Faith Wallace | Greater Mill Creek Community Center |
| Off The Wall | 4:00 PM | Kassandra Johnson | Greater Mill Creek Community Center |
| Hatha Yoga | 4:30 PM | Michelle Best | Hubbard Scope |
| Let's Just Dance | 5:00 PM | Carol Williams | Eugenia Atkinson Recreation Center |
| Zu-Bata | 5:00 PM | Kelley Frazier | Greater Mill Creek Community Center |
| Line Dance Only 4/4, 4/11, 4/18 | 5:30 PM | Toscha Gentry | YellowBrick Place |
| Zumba | 5:30 PM | Tamara Cooper | Niles Wellness Center |
| Ring Ya Bell, Kettlebell | 5:30 PM | Ava Lilley-Degross | Warren Scope Center |
| Zu-Bata | 5:45 PM | Kelley Frazier | Greater Mill Creek Community Center |
| It Feels Good Urban Line Dance | 6:30 PM | Kissa Graham | Warren SCOPE Center |
| Fridays | Start Time | Instructor | Location |
| Chair Chi | 10:00 AM | Faith Wallace | https://bsmh.zoom.us/j/7665563864?pwd=TOQyQzhqaXRrTUdxZWJlY0ZlQ0Q0T09 |
| Chair Yoga | 1:15 PM | Collen Dunn | TriYOUity |
| Cooking Class (March. 22 only) | 1:00 PM | Jessica Romeo | Youngstown Public Library-Main (Seats limited Must Pre-Register with Library) |
| Chair Volleyball (March. 22 only) | 1:30 PM | Nakiya Salter | Youngstown Public Library – Main (no registration required) |
| Beginner Line Dancing | 3:00 PM | Candys Mayo | Heart Reach Neighborhood Ministries |
| Line Dancing | 4:00 PM | Selina Cotton | Jewish Community Center of Youngstown |
| Chair Aerobics | 6:00 PM | Doreen Block | www.facebook.com/steppingoutyoungstown |
| Saturdays | Start Time | Instructor | Location |
| Better Body by Ava | 9:00 AM | Ava Lilley-Degross | Warren Scope Center |
| Hatha Yoga | 9:00 AM | Michelle Best | CLWCC (Lowellville, OH) |
| Zumba | 10:00 AM | Tamara Cooper | Warren SCOPE Center https://www.zumba.dance/?locale=en_US |
| Meditation | 10:00 AM | Maureen Lauer-Gatta | Niles Scope Center https://us02web.zoom.us/j/82074416850 |
| Mindful Hatha Yoga and Meditation | 11:00 AM | Maureen Lauer-Gatta | Niles Scope Center https://us02web.zoom.us/j/82074416850 |
| Line Dancing | 1:00 PM | Anthony Woodberry | Eugenia Atkinson |

Locations

Associated Neighborhood Centers (McGuffey Centre) 1649 Jacobs Rd. Youngstown, OH 44505

Austintown Senior Center, 112 Westchester Dr. Austintown, OH 44515

(CLWCC) Community Literacy Workforce & Cultural Center, 438 OH Highway 616, Lowellville, OH 44436

(Davis) Boardman Davis YMCA, 45 McClurg Rd, Boardman, OH 44512

Eugenia Atkinson Recreation Center, 903 Otis St., Youngstown, OH 44510

EJ Blott Elementary School, 4115 Shady Rd., Youngstown, OH 44505

Fitness 330, 14 Youngstown-Warren Rd. Niles, OH 44446

Hubbard Senior Center/Hubbard Scope 220 W Liberty St., Hubbard, Ohio 44425

Glenwood Fresh Market 2915 Glenwood Ave, Youngstown, Ohio 44511

(GMCCC) Greater Mill Creek Community Center, 496 Glenwood Ave, Youngstown, OH 44502

Grace AME, 1137 Main Ave. SW, Warren, OH 44483

Heart Reach Neighborhood Ministries, 211 Redondo, Youngstown, OH 44503

Heritage Apartments, 600 Granada Ave, Youngstown, OH 44505

(JCC) Jewish Community Center of Youngstown, 505 Gypsy Ln., Youngstown, OH 44504

(LYRIC) Old Liberty High School, 317 Churchill Rd, Youngstown, OH 44505

Mercy Health Community Outreach BLG 3rd and 4th Floor 932 Belmont Ave, Youngstown, Oh 44501

Niles Wellness Center, 213 Sharkey Dr., Niles, OH 44446

Niles Scope, 14 East State St., Niles, OH 44446

OCCHA, 3660 Shirley Rd. Youngstown, OH 44505

Packard Park, Warren OH

St. Angela Merici 397 S. Jackson St. Youngstown, OH 44506

TriYOUity, 239 South Main Ave SW Warren OH 44481

See Pages 3 for additional locations

330-953-1416

330-799-6842

330-480-5656

330-707-4714

330-770-6402

330-534-3636

330-333-3561

330-743-0020

330-394-6270

330-744-2000

330-744-3383

330-746-3251

330-720-3293

330-349-9355

330-544-3676

330-781-1808

330-747-6080

330-766-4495



(Use the barcode to upload the Stepping Out Program calendar or call Doris Bullock, Stepping Out Program Supervisor

(C) 330-720-3293, (O) 330-480-8659 Email: dibullock@mercy.com)

(<https://www.mercy.com/-/media/mercy/youngstown/stepping-out-calendar>)

Stepping Out (Free Virtual and On-Site Classes) April 2024

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



Additional Locations

| | |
|--|--------------|
| Villa Maria (Sisters of the Humility of Mary) Villa Maria Rd., Villa Maria, PA 16155 | 724.964.8861 |
| Warren SCOPE Center, 375 N. Park Ave Warren, OH 44483 | 330-399-6745 |
| Wick Park, 260 Park Ave., Youngstown, OH 44504 | |
| Woodworth Park 255 Warren Ave. Poland Ohio 44514 | 330-549-9552 |
| YellowBrick Place 2959 Canfield Rd #10, Youngstown, OH 44511 | 234-228-9550 |
| Youngstown Public Library-Main 305 Wick Ave Youngstown, Oh 44503 | 330-744-8636 |

Class changes:

New Class: Grace AME will now offer classes on MONDAY's. 5:00pm Zumba with Tamara, 6:00pm Chair class with Ava and 7:00pm Line Dance with Kissa.
New Class: Pilates with Kassandra on Thursdays at 2:30 pm located at Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor)
New Site: YellowBrick will have Line dance class on Thursday April 4, April 11 and April 18 with Toscha Gentry 5:30 pm.
NewSite: Glenwood Fresh Market will have Chair Aerobics Monday April 1, 2024 at 11:00am.
New Site: Community Health Building at Mercy Health 4th Floor: Monday 1 pm Chair Yoga with Doris, Tuesday 1 pm Chair Aerobics/Chair Volleyball with Nakiya, Tuesday 5 pm Yoga with Michelle Best, Thursday 5 pm Pilates with Kassandra
New Class: Walking, Chair Aerobics and Chair Volleyball at Eugenie Atkinson Center 11 am with Stepping out Team Faith and Toscha
New: Walk with the Doc: the discussion this month **Topic: "Skin Care"** Monday **April 29.**
New Class: Hands on Cooking Class at the Public Library of Youngstown with Jessica Romeo MHHS, RDN, LD, Friday April 26, 2024, 1 pm (seats limited and must pre-register with Library 330-744-8636) followed by a free Chair Volleyball with Stepping Out Program staff 1:30 PM (Class Open to all 18 and over)
Class Cancelled: 4/4/2024 No Chair Aerobics class at the Villa 1:30pm. **Class Cancelled:** Monday 4/8/2024 no Chair Yoga with Doris Bullock at Mercy Health and no Country Line Dance with Shelia Cornell. **Class Cancelled:** Thursday 4/25/2024 no Chair/walking/chair volleyball at Eugenia Atkinson Center in Youngstown with Faith Wallace 11 am. **Class Cancelled:** Thursday 4/25/2024 no Chair Volley class at CLWCC with Toscha 9am.

***Please note: all classes are subject to change. Please check out Facebook "Stepping Out Fitness" page for any additional changes to classes throughout the month.**

Zoom Passwords

| | |
|--|--------------------|
| Ava Lilley-Degross: Meeting ID: 263 079 4644 | Passcode: GFIT |
| Bethanie Meredith: Meeting ID: 871 4111 7511 | Passcode: Mark1230 |
| Carolyn Spires: Meeting ID: 729 1993 9523 | Passcode: blessed |
| Doreen Block: https://www.facebook.com/profile.php?id=12445840 | |
| Faith Wallace: Meeting ID: 766 556 3864 | Passcode: FAITH |
| Colleen Dunn: Meeting ID: 757 688 2271 | Passcode: 2GjW77 |
| Dr. Sherri Woods: Meeting ID: 933 4195 7753 | Passcode: miboso |
| Maureen Lauer-Gatta: Meeting ID: 820 7441 6850 | Passcode: 395529 |

CLASS DESCRIPTIONS

Better Body By Ava This high-energy and dynamic class has been carefully designed by Ava, a seasoned fitness instructor, to target all major muscle groups and maximize your calorie burn. With an emphasis on both strength training and cardiovascular exercises, this class is suitable for all fitness levels - whether you're just starting your fitness journey or are already a regular gym-goer using a combination of plyometrics, resistance training and interval techniques to tone and sculpt your muscles. **Equipment is available and provided on site.**

Cardio Combo is a 60-minute class combines low impact aerobics with weights and stretching for a full body workout. **Suitable for ALL fitness levels. Equipment is available on site.**

Chair Chi is a gentle exercise program to help people to receive the benefits of the traditional Tai Chi Chun in the comfort and safety of their chair. **Suitable for all level.**

Chair Volleyball this class is intended help reduce stress and boost your self-esteem and confidence. All moves (blocks & serves) are done from the chair. The main rule is players must always remain in their chairs. For a good time and lots of laughs...this class is for you. **Suitable for ALL fitness levels.**

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.**

Chair Yoga is a gentle form of yoga class that can be done sitting on a chair or standing while using the chair for support. **Suitable for ALL fitness levels.**

Christ-Centered Yoga sponsored by Mercy Health, Stepping Out *Please find a Quiet space and unroll your yoga mat or beach towel. Join me for a gentle, guided yoga practice - honoring God with all of your heart, soul, mind, and strength.

Country Line Dancing come on out and kick up your heels! This fun and energetic line dance class is set to country, pop and R&B. Come as you are or feel free to wear your boots and cowboy hat.

Fitness Walking/Old School Fitness walking is a 60-minute class where participants can 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.**



(Use the barcode to upload the Stepping Out Program calendar or call Doris Bullock, Stepping Out Program Supervisor
(C) 330-720-3293, (O) 330-480-8659 Email: dibullock@mercy.com)
(<https://www.mercy.com/-/media/mercy/youngstown/stepping-out-calendar>)

Stepping Out (Free Virtual and On-Site Classes) April 2024

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



Fun and Fit is a senior fitness class which includes low impact cardio, strength training, balance, and stretching that can be done seated or standing. Suitable for ALL fitness levels. All levels welcome.

Glutes and Gams is a class that focuses on glute activation. Suitable for all levels, weights and bands are used.

Hatha Yoga Hatha yoga is a powerful tool for self-transformation. It asks us to bring our attention to our breath, which helps us to still the fluctuations of the mind and be more present in the unfolding of each moment. This is a slower-paced, gentle yoga that has been proven to help to relieve stress, support healthy habits, improve emotional health, ease back and arthritis pain, and even help people quit smoking.

Hip Hop is a great way to lose yourself in the fun of hip-hop dancing. Work it like never before and leave feeling like one of Beyoncé's backup dancers.

Keeping It Real, Kickboxing a high intensity cardio class that uses punches and kicks to burn calories and tone your body. Will be learning self-defense moves as well as taking out frustration on the heavy bags or pads. We will punch, kick, sweat and laugh the Ava way. Gloves are needed but not necessary.

Line Dancing (Bold Beginners Line Dance, Hustle & Glow, It Feels Good Urban Line Dance, Let's Just Dance) 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.

Mindful Hatha Yoga and Meditation Join us on the mat to awaken inner peace as we meet each moment with mindful movement and breath - moving with compassion from one posture to the next to quiet the mind, strengthen the body, and open the heart. Step by step, we will connect breath with movement, gain wisdom through mind-body harmony, and nurture ourselves with a joyful presence. Suitable for ALL fitness levels. Equipment needed: mats, yoga blocks, and straps. The blocks and straps are not necessary, class will be modified if you don't have them.

Mindful Meditation has been shown to significantly reduce stress, sharpen mental clarity, foster emotional balance, and contribute to overall physical health.

MiBoSo SONrise Stretch A Christ-centered restorative stretch class with meditations to calm the mind, movements to stretch the body, and moments to search the soul. A mat, blocks, blanket are optional. An exercise mat & blocks are suggested. Blankets are optional. Suitable for all fitness levels.

Pilates is a series of exercises inspired by calisthenics, yoga and ballet. Pilates promotes mobility and strength of all the major muscle groups in the body in a balanced fashion, whilst also having a key focus on the deep core. suitable for ALL fitness levels. Equipment will be provided.

Pound is a combine cardio, strength training, and Pilates with drumming to achieve a full-body workout. We use drumsticks to jam to the music. suitable for ALL fitness levels. Equipment will be provided.

Off the Wall is Pilates and yoga combine. Most of the exercises are done while standing against the wall. This class will help to you to tone, strengthen, increases stamina & endurance, improves posture, improves focus, improves balance & stability, and improves your core strength. The class can be done by anyone and anywhere. Suitable for ALL fitness levels. No equipment needed.

Ring Ya Bell, Kettlebell this class uses an awesome piece of equipment that will incorporate a dynamic set of movements that will build strength and add flexibility as well as some cardio burn. Suitable for all fitness levels. Equipment available on-site weights ranging from 5lb-30lb.

Urban Ballroom Dancing is a 2-hour class. A partner dance style which combines the Cha Cha with an Urban Flavor, bringing Ballroom dancing to the next generation. Urban Ballroom is about rhythms and mixing styles & movements to create something new and unique every time. Suitable for ALL fitness levels.

Equipment needed: none.

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.

Walking for A Healthier You is a walking class. Walking can help improve blood flow, lower blood pressure, boost energy levels, reduce stress and is known to help with mental health. In this class everyone walks at their own pace. Suitable for ALL fitness levels. Equipment needed: none.

Walk Wednesday is a walking class. While walking the trainer will offer brief discussions on health, fitness, and nutritional information. Suitable for ALL fitness levels. Equipment needed: none.

Zu-Bata is a HIIT style format that combines Zumba and a strength Tabata by alternating the two (Zumba song, then a tabata, so forth and so on). It is a great change and challenge for the body, and it creates opportunity for strength training for those who always try to run from it! Suitable for ALL fitness levels. Modifications are available. Equipment needed: mats and weights.

Zumba & Zumba Gold 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.

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

Yoga/Gentle Stretching for Body & Mind/Yoga for All this yoga class is a gentle class focusing on flowing from pose to pose and linking the movement with the breath. All levels are welcome. Suitable for ALL fitness levels. Equipment needed: stretch band and pillow (if needed)

For Fitness Educational Virtual Training (One-on-One), Monthly Health Screening, Healthy Eating Classes

Call for more information

Doris Bullock

330-720-3293

Walk with the Doc

Dr. Lisa Weiss

Boardman Davis YMCA



(Use the barcode to upload the Stepping Out Program calendar or call Doris Bullock, Stepping Out Program Supervisor

(C) 330-720-3293, (O) 330-480-8659 Email: dibullock@mercy.com)

(<https://www.mercy.com/-/media/mercy/youngstown/stepping-out-calendar>)