

# Stepping Out (Free Virtual and On-Site Classes) May 2022

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



Monday	Start Time	Instructor	Location
Chairs Aerobics	10:00 AM	Faith Wallace	<a href="https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUxdWJCczBzQXI0QT09">https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUxdWJCczBzQXI0QT09</a>
Senior Aerobics	10:00 AM	Margo Senek	Niles Wellness Center
Chairs Aerobics	11:30 AM	Sonja Lynn	Heart Reach Neighborhood Ministries
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
Zumba	4:30 PM	Tamara Cooper	<a href="https://www.zumba.dance/?locale=en_US">https://www.zumba.dance/?locale=en_US</a>
Glutes & Gams	5:00 PM	Kelley Frazier	Greater Mill Creek Community Center
Majestic (Line Dancing)	5:00 PM	Sonja Lynn	Associate Neighborhood Centre
Hatha Yoga	5:00 PM	Michelle Best	CLWCC (Lowellville, OH)
Zumba MAX	5:45 PM	Kelley Frazier	Greater Mill Creek Community Center
Yoga For All	6:00 PM	Marioga LLC	TriYOUunity
Core/Cardio Craze	6:00 PM	Ava Lilley	<a href="https://us02web.zoom.us/j/2630794644?pwd=ZXJvaUZsc3FBQmRoRONDY2puVFBHUT09">https://us02web.zoom.us/j/2630794644?pwd=ZXJvaUZsc3FBQmRoRONDY2puVFBHUT09</a>
Chair Aerobics	6:00 PM	Doreen Block	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Adv Urban Ballroom Dancing	6:30 PM	Jim Locker	Greater Mill Creek Community Center
Tuesday	Start Time	Instructor	Location
Early Morning Intensity	6:00 AM	Ava Lilley	<a href="https://us02web.zoom.us/j/2630794644?pwd=ZXJvaUZsc3FBQmRoRONDY2puVFBHUT09">https://us02web.zoom.us/j/2630794644?pwd=ZXJvaUZsc3FBQmRoRONDY2puVFBHUT09</a>
Yoga Power	8:00 AM	Kelly Mckee-Foos	<a href="https://us02web.zoom.us/j/3828920156">https://us02web.zoom.us/j/3828920156</a>
Walk in the Park	10:30 AM	Nakiya Salter	Wick Park
Chair Aerobics	1:00 PM	Doreen Block	Associate Neighborhood Centre
Line Dancing	3:00 PM	Sonja Fields	OCCHA
Super Senior Exercise	4:00 PM	Carolyn Spires	<a href="https://us04web.zoom.us/j/72919939523?pwd=THlaN0xVRWdPOHhoTDhiR0pHWE9Ndz09">https://us04web.zoom.us/j/72919939523?pwd=THlaN0xVRWdPOHhoTDhiR0pHWE9Ndz09</a>
Yoga/Yogalates	4:30 PM	Doris Bullock	<a href="https://bsmh.zoom.us/j/6179387344?pwd=RGdCMXNGL3dRUXVYRGp6N1JlMGhZZz09">https://bsmh.zoom.us/j/6179387344?pwd=RGdCMXNGL3dRUXVYRGp6N1JlMGhZZz09</a>
Line Dancing	5:00 PM	Carol Taylor	OCCHA
It Feels Good Urban Line Dance	6:00 PM	Kissa Graham	Niles Wellness Center
Kickboxing Plus	6:00 PM	Ava Lilley	Warren SCOPE Center
Zumba	6:00 PM	Doreen Block	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Urban Ballroom Dancing	6:00 PM	Jim Locker	Greater Mill Creek Community Center
Yoga	6:30 PM	Kelly Mckee-Foos	LYRIC (Old Liberty High School)
Wednesdays	Start Time	Instructor	Location
MiBoSo RISE	8:00 AM	Sherri Woods	<a href="https://ysu-edu.zoom.us/j/92429017147?">https://ysu-edu.zoom.us/j/92429017147?</a> and at TriYOUunity
Senior Aerobics	10:00 AM	Margo Senek	Niles Wellness Center
Chair Aerobic	10:00 AM	Faith Wallace	<a href="https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUxdWJCczBzQXI0QT09">https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUxdWJCczBzQXI0QT09</a>
Chair Aerobics	1:00 PM	Doreen Block	Associate Neighborhood Centre
Line Dancing	3:00 PM	Lynn McElory	Greater Mill Creek Community Center
Walk Easy (Line Dancing)	5:00 PM	Sonja Lynn	Greater Mill Creek Community Center
Zumba	5:00 PM	Kelley Frazier	CLWCC (Lowellville, OH)
Yoga For All	6:00 PM	Marioga LLC	TriYOUunity
MiBoSo Stretch	6:30 PM	Sherri Woods	<a href="https://ysu-edu.zoom.us/j/99066332868?pwd=ZjhLNGJvUjI5b3BRcXY5dUw4TTArdz09">https://ysu-edu.zoom.us/j/99066332868?pwd=ZjhLNGJvUjI5b3BRcXY5dUw4TTArdz09</a>
Thursdays	Start Time	Instructor	Location
Early Morning Intensity	6:00 AM	Ava Lilley	<a href="https://us02web.zoom.us/j/2630794644?pwd=ZXJvaUZsc3FBQmRoRONDY2puVFBHUT09">https://us02web.zoom.us/j/2630794644?pwd=ZXJvaUZsc3FBQmRoRONDY2puVFBHUT09</a>
Fitness Walking Class	3:00 PM	Faith Wallace	Greater Mill Creek Community Center
Toe Tapping	5:00 PM	Carol Taylor	Eugenia Atkinson Recreation Center
Zumba	5:30 PM	Tamara Cooper	Niles Wellness Center
Tipple Step Line Dancing	5:00 PM	Sonja Fields	Heart Reach Neighbor Ministries
Guns & Guts	5:00 PM	Kelley Frazier	Greater Mill Creek Community Center
Kick Butt Kettlebell	5:30 PM	Ava Lilley	Warren Scope Center
Zumba MAX	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	<a href="https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUxdWJCczBzQXI0QT09">https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUxdWJCczBzQXI0QT09</a>
Walk in the Park	10:30am	Nakiya Salter	Wick Park
Saturdays	Start Time	Instructor	Location
Bodied by Ava Bootcamp	9:00 AM	Ava Lilley	Warren SCOPE Center
Hatha Yoga	9:00 AM	Michelle Best	CLWCC (Lowellville, OH)
Zumba	10:00 AM	Tamara Cooper	Warren SCOPE Center
Soul Steppin Saturday	12:00 PM	Carol Taylor	Eugenia Atkinson Recreation Center
May 30 (only)	Start Time	Instructor	Location
Walk with The Doc	12:00 PM	Dr. Weiss	Boardman Davis YMCA

# Stepping Out (Free Virtual and On-Site Classes) May 2022

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



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

By Appointment Only Doris Bullock 330-720-3293

## Monthly Health Screening

Call for more information Doris Bullock 330-720-3293

## Healthy Eating Educational Demo

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

## Walk with the Doc

Dr. Lisa Weiss Boardman Davis YMCA

## Location

<u>Location</u>	<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
(CLWCC) Community Literacy Workforce & Cultural Center, 438 OH Highway 616, Lowellville, OH 44436	330-799-6842
(Davis) Boardman Davis YMCA, 45 McClug Rd, Boardman, OH 44512	
(EARC) Eugenia Atkinson Recreation Center, 903 Otis St., Youngstown, OH 44510	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
(LYRIC) Old Liberty High School, 317 Churchill Rd, Youngstown, OH 44505	
(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
(TRI) TriYOUunity (in the R.E.S.T. Room) 239 Main Ave SW Warren OH 44485	330-766-4495
(WSC) Warren SCOPE Center, 375 N. Park Ave Warren, OH 44483	330-399-6745
(WICK) Wick Park, 260 Park Ave, Youngstown, OH 44504	330-747-0237

## PLEASE NOTE:

**Stepping Out Sites:** Associate Neighborhood Centre (McGuffey Centre), Community Literacy Workforce & Cultural Center, Eugenia Atkinson Recreation Center, Greater Mill Creek Community Center, Heart Reach Neighborhood Ministries, LYRIC, Niles Wellness Center, OCCHA, TriYOUunity, Warren SCOPE Center, Wick Park

**Class changes:** Kelly Frazier: NO Saturday Online Classes for May and No class 5/12 (GMCCC)  
NEW: Walking Class Tuesday and Friday 10:30 AM with Nakiya Salter at WICK Park  
ANC will not have classes on the following days: May 2, May 3 and May 30.  
Niles Wellness and Heart Reach will not have classes on May 30  
Carolyn Spires Super Senior Class for May 10 is cancelled  
Walk with the Doc once a month on the 4<sup>th</sup> Monday

## Zoom Passwords

**Doreen Block classes:** <https://www.facebook.com/profile.php?id=12445840>

**Doris Bullock classes:** Meeting ID: 617 938 7344 Password: doris

**Kelly Frazier classes:** Meeting ID: 664 468 9814 Password: KFF

**Kelly McKee-Foos:** Meeting ID: 382 892 0156

**Mary King classes:** Meeting ID: 814 4920248 Password: mmk27

**Ava Lilley classes:** Meeting ID: 263 079 4644 Password: GFIT

**Carolyn Spires classes:** Meeting ID: 729 1993 9523 Password: carolyn

**Faith Wallace classes:** Meeting ID: 766 556 3864 Password: FAITH

**Dr. Sherri Woods:** Meeting ID: 990 6633 2868 Passcode: miboso

**Dr. Sherri Woods:** Meeting ID: 924 2901 7147 Passcode miboso (8:00 AM)

**Doris Bullock, Stepping Out Program Supervisor, (C) 330-720-3293, (O) 330-480-8659**

# Stepping Out (Free Virtual and On-Site Classes) May 2022

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

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))



## 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.

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

***Guns and Guts*** is a class focused on building of muscle strength in the arms and mid-section. 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)

***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.

***Cardio Plus*** 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/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.

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

***Early Morning Intensity*** 30 minutes of work. Stepper/bench and weights and risers. HIIT step constant movement in circuits that will burn calories, build and tone muscle.

***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

***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.

***It Feels Good Urban Line Dancing*** 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

***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

***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.

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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

**MiBoSo** (Mind, Body, & Soul) Stretch is a trauma-informed restorative yoga experience that includes breathing meditations to soothe and calm the mind; gentle restorative movements to stretch and relax the body; and mindful moments to search the soul. These practices calm, balance, and restore the nervous system and decrease stress. An exercise mat is suggested. A stretch band, bolster/cushion/firm pillows are optional. Suitable for all fitness levels.

**MiBoSo Rise** (Mind, Body, & Soul) RISE and meet the morning stretch is a trauma-informed restorative yoga experience that helps you RISE up, be empowered, envision and manifest your thoughts for a good day. MiBoSo RISE includes breath meditations to sooth and calm the mind; gentle restorative movements to stretch and relax the body; and mindful moments to search the soul. These practices calm, balance, and restore the nervous system and decrease stress. An exercise mat is suggested. A stretch band, bolster/cushion/firm pillows are optional. Suitable for all fitness levels.

**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 yourmind and body. Suitable for ALL fitness levels. Equipment needed: none

**Power Yoga Express** A 45-minute flow, that will get you moving, and feeling refreshed. Improve strength, balance, range of motion and flexibility. This class is suited for beginners as well as more experienced Yogis. See you on the mat. Suitable for ALL fitness levels. Equipment needed: mat

**Saturday Sweat** is 45 minutes of different class formats. It could be a class focused on a specific body part (upper/lower body or core), total body, interval training or even Zumba Tabata. Get a great workout and something different every week.

**Soul Steppin Saturday** 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

**Sweat Circuit** 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.

**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.

**Toe Tapping** 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

**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

**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

**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!!

**Yogalates** 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)

**Yoga** 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)