



Land Fitness Schedule

Sandusky Area YMCA



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

September 3- 30, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 am HIIT - High Intensity Interval Training (Kathleen)	5:30-6:30 am Sunrise Walk/Run Meet at State Theatre (Carla)	5:30-6:30 am Group Cycle (Kathleen)		5:30-6:30 am Boot Camp (Kathleen)	2-Sep 7:30 - 8:15 am Group Cycle 8:30-9:30 am PiYo Live! (Kathleen)
8:00-9:00 am Yoga (Mat) (Dana)	8:00-9:00 am Sculpt & Chisel (Loretta)	8:00-9:00 am Yoga Stretch (Barb)	8:15-9:15 am Group Cycling (Kathleen)	8:00-9:00 am Yoga (Mat) (Dana)	
9:15-10:15 am Strength Training (Dana/Loretta)	9:15-10:15 am Zumba® (Rita)	9:15-10:15 am Stength Training (Kathleen)	9:30-10:30 am Zumba® (Rita)	9:15-10:15 am PiYo Live! (Crystal)	9-Sep 8:30-9:30 am Pier Pressure Walk/Run Shade-Mylander Plaza (Kathleen)
10:45-11:45 am Yoga Stretch (Barb)	10:00-11:00 am Tai Chi (Dana) Class is held in the Community Room	10:30-11:30 am SilverSneakers® Classic (Kathleen)		10:30-11:30 am SilverSneakers® Classic (Kathleen)	16-Sep 8:30-9:30 am Format TBA
	12:10-1:00 pm Pilates (Kathleen)	1:00-2:00 pm Tai Chi for Balance Community Room Begins 10/04 (Carrie)	12:10-1:00 pm Pilates (Kathleen)		23-Sep 8:30-9:30 am Zumba® (Rita)
5:30-6:30 pm PiYo Live! (Crystal/Kathleen) <i>Sept. 11-Format change</i>	5:45-6:45 PM Y-Step (Sam)	5:30-6:00 pm Core Conditioning Fitness Center (Courtney)	5:45-6:45 pm Kettlebell Training (Dana)		30-Sep 7:30 - 8:15 am Group Cycle 8:30-9:30 am PiYo Live! (Kathleen)
6:45-7:15 pm Team Treadfit Fitness Center (Courtney)		6:15-7:00 pm Team TreadFit Fitness Center (Courtney)			



Sept. 11th: 5:30 pm Class Format - Core Conditioning with Courtney!

* Schedule is subject to change.

* For additional information, contact Kathleen (419) 621-9622, kschoder@clevelandymca.org





Water Fitness Schedule

Sandusky Area YMCA

Water Exercise...easy on the joints, great work-out and *FUN!*



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



September 4 - 30, 2017

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:00-10:00 am Aquanastics (Kathleen)		9:00-10:00 am Aquanastics (Barb)		9:00-10:00 am Aqua Circuit (Kathleen)
10:00-11:00 am Deep Water Running (Kathleen)	10:00-11:00 am Silver Splash® (Joe-Ann)	10:00-11:00 am Deep Water Running (Barb)	10:00-11:00 am Silver Splash® (Barb)	10:00-11:00 am Deep Water Tabata (Barb)
11:00-12:00 pm Aqua Fusion (Joe Ann)	11:00-11:45 am Deep Water Running (Kathleen)	11:00-12:00 pm Aqua Fusion (Joe Ann)	11:00-11:45 am Deep Water Running (Kathleen)	11:00-12:00 pm Aqua Fusion (Cindra)
	5:30-6:30 pm Aqua Fusion (Diamond) Shallow End ↓ 5:30-6:00 p.m. Deep End 6:00-6:30 p.m.			



"The secret of getting ahead is getting started."

Agatha Christie

Aquanastics

Shallow water. All fitness levels. Low impact. Develops muscle strength, flexibility, endurance and balance.

Aqua Aerobics

Shallow and deep water. All fitness levels. Low impact. Develops cardiovascular endurance, strength, flexibility and range-of-motion.

Aqua Circuit

Shallow water. All fitness levels. Quick paced, low impact work-out. Class format includes stations of cardiovascular and muscle toning work. Self-paced = Stations are pre-set and individually performed.

Aqua Fusion

Shallow and deep water. Low impact flowing movements, based on Arthritis Foundation guidelines and fused with the active movements of Aqua Aerobics to develop joint flexibility, muscle strength and endurance, balance and posture.

Deep Water Running

Deep water. All fitness levels. Swimming skills are required. No impact. Develops joint flexibility, muscle strength and endurance, balance and posture.

SilverSplash®

Shallow water. All fitness levels. Low impact. Improves agility, flexibility and cardiovascular endurance. Special SilverSplash® kickboard develops strength, balance and coordination.

Tabata: Deep Water Running

Deep water. Advanced. Swimming skills required. No impact. Short rounds of high intensity work, followed by recovery periods.

* Schedule is subject to change.

* For additional information, contact Kathleen at (419)621-9622 or kschoder@clevelandymca.org

COURT A

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	YMCA CLOSED
Gymnastics 4pm-8pm			Volleyball 6pm-8pm			
Gym Closes 8:00pm	Gym Closes 8:00pm	Gym Closes 8:00pm	Gym Closes 8:00pm	Gym Closes 8:00pm	Gym Closes 2:00pm	

COURT B

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
Open Gym 5am-4pm	Open Gym 5am-8pm	Open Gym 5am-4pm	Open Gym 5am-5:45pm	Open Gym 5am-4pm	Open Gym 7am-2pm	YMCA CLOSED
Gymnastics 4pm-8pm		Gymnastics 4pm-8pm	Volleyball 6pm-8pm	Gymnastics 4pm-8pm		
Gym Closes 8:00pm	Gym Closes 8:00pm	Gym Closes 8:00pm	Gym Closes 8:00pm	Gym Closes 8:00pm	Gym Closes 2:00pm	

SEPTEMBER 2017

GYMNASIUM INFORMATION

YMCA
Closed on Sundays

Adult Volleyball
Starts Sept. 14, 2017 both
gyms will be closed on
Thursday evenings.

Gymnastics
Both gyms will be closed on
Monday evenings.

Junior Cavs
Starts October 14, 2017

Schedule is subject to change.

Denise Robinson
Program Director

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Sandusky Area YMCA
2101 W. Perkins Ave.
Sandusky, OH 44870



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FROHMAN POOL

**Starting
Friday, September 1, 2017-
Saturday, September 30, 2017**

Sandusky Area YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM 5:00-7:00 4 LANES	LAP SWIM 5:00-7:00 4 LANES	LAP SWIM 5:00-7:00 4 LANES	LAP SWIM 5:00-7:00 4 LANES	LAP SWIM 5:00-7:00 4 LANES	OPEN/LAP SWIM 7:00-9:00 2 LANES	POOLCLOSED
OPEN/LAP SWIM 7:00-9:00 2 LANES	OPEN/LAP SWIM 7:00-10:00 2 LANES	OPEN/LAP SWIM 7:00-9:00 2 LANES	OPEN/LAP SWIM 7:00-10:00 2 LANES	OPEN/LAP SWIM 7:00-9:00 2 LANES	SWIM LESSONS 9:00-11:00 NO LANES	
9:00-10:00 Aquanastics (Kathleen)		9:00-10:00 Aquanastics (Barb)		9:00-10:00 AquaCircuit (Kathleen)	OPEN/LAP SWIM 11:00-1:45 2 LANES	
10:00-11:00 Deep Water Running (Kathleen)		10:00-11:00 Deep Water Running (Barb)		10:00-11:00 Tabata Deep Water (Barb)		
	10:00-11:00 SilverSplash® (Joe-Ann)		10:00-11:00 SilverSplash® (Barb)		POOLCLOSED 1:45	
11:00-12:00 AquaFusion (Dana/Cindra)	11:00-11:45 Deep Water Running (Kathleen)	11:00-12:00 AquaFusion (Joe-Ann)	11:00-11:45 Deep Water Running (Kathleen)	11:00-12:00 AquaFusion (Joe-Ann)		
LAP SWIM 12:00-1:30 4 LANES	LAP SWIM 12:00-1:30 4 LANES	LAP SWIM 12:00-1:30 4 LANES	LAP SWIM 12:00-1:30 4 LANES	LAP SWIM 12:00-1:30 4 LANES		
POOL CLOSED 1:30-4:00	POOL CLOSED 1:30-4:00	POOL CLOSED 1:30-4:00	POOL CLOSED 1:30-4:00	POOL CLOSED 1:30-4:00		
OPEN/LAP SWIM 4:00-5:00 2 LANES	OPEN/LAP SWIM 4:00-5:30 2 LANES	OPEN/LAP SWIM 4:00-6:00 2 LANES	OPEN/LAP SWIM 4:00-7:45 2 LANES	OPEN/LAP SWIM 4:00-6:00 2 LANES		
SPECIAL OLYMPICS 5:00-6:00 NO LANES	Aqua Fusion 5:30-6:30 (Diamond) NO LANES					
SAY MANTA RAYS Stroke Fundamentals 6:00-8:00 2 LANES LAP SWIM 6:00-8:00 2 LANES	SWIM LESSONS 6:00-8:00 NO LANES NO OPEN SWIM	SAY MANTA RAYS Stroke Fundamentals 6:00-8:00 2 LANES LAP SWIM 6:00-8:00 2 LANES		SAY MANTA RAYS Stroke Fundamentals 6:00-8:00 2 LANES LAP SWIM 6:00-8:00 2 LANES		
POOL CLOSED 7:45	POOL CLOSED 7:45	POOL CLOSED 7:45	POOL CLOSED 7:45	POOL CLOSED 7:45		

During **LAP SWIM** there will be no open swim.

All lap lanes are shared lanes with circle swimming.

During **OPEN/LAP** swim there will be 2 lap lanes available.

No lap lanes (no open swim during swim lessons) are available during water fitness classes and swim lessons.

Special Olympics will start Monday, Sept. 11 and end Monday, Nov. 13, 2017

SAY Manta Rays Stroke Fundamentals Class
Mon., Wed., Fri. – 2weeks
Mon., Sept. 18 – Fri., Sept. 29,
6:00-8:00pm

SAY Manta Rays Swim Team starts Mon., Oct. 2, 2017

Pool schedule is subject to change.
Frohman temp: 84-85