



# SUMMER SCHEDULE

## Welcoming You Back Safely!

1. Classes & Times are subject to change – sign up for remind notification at the Welcome Center Desk
2. Please arrive on time, we encourage you to bring your own fitness mat, towel and water bottle.

### GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00–8:55 am Dance Fitness Kary–Aerobic Studio	8:00 – 9:00 am MOSSA Centergy Beth–Aerobic Studio	8:00–9:00 am Cardio Challenge Lori K–Aerobic Studio	8:00 – 9:00 am MOSSA Group Power Beth–Aerobic Studio	8:00–9:00 am Cardio Challenge Robyn – Aerobic Studio	8:00–8:45 am MOSSA Group Power Aerobic Studio
9:15–10:15 am Essentrics Stretch Debbie–Aerobic Studio	9:00–10:00 am Cardio Challenge Lori–Aerobic Studio	9:15–10:15 am Essentrics Stretch Debbie–Aerobic Studio	9:00–10:00 am Dance Fitness Kary–Aerobic Studio	9:15–10:15 am MOSSA Group Active Beth – Aerobic Studio	9:00–10:00 am Cardio Challenge Leslie–Aerobic Studio
10:30 –11:00 am MOSSA Ride 30 Beth – Aerobic Studio	9:00–9:45 am Boot Camp Chris –Wellness Area	10:30–11:00 am Cycling Sue–Aerobic Studio	9:00–9:45 am Boot Camp Chris –Wellness Area	9:30 – 10:30 am Cardio Challenge Amy- Lucas Comm Ctr	10:00 – 10:45 am Cardio Strength <b>NEW</b> Laura–Aerobic Studio
11:15–12:15 pm Enhance Fitness Anu–Aerobic Studio	9:30 – 10:30 am Cardio Challenge Amy – Lucas Comm. Ctr	11:15–12:15 pm Enhance Fitness Anu–Aerobic Studio	9:30 – 10:30 am Cardio Challenge Amy – Lucas Comm. Ctr	10:00 – 10:55 am Fit Lite Dance Amanda–Large Classroom	
12:30–1:15 pm Zumba Gold Anu–Aerobic Studio	10:00 – 11:00 SilverSneakers Classic Anu – Aerobic Studio	12:30–1:15 pm Zumba Gold Anu–Aerobic Studio	10:00 – 11:00 Total Body Interval Robyn – Aerobic Studio	10:00 – 10:45 am Ride 30 Beth – Aerobic Studio	
1:30–2:30 pm Senior Yoga Anu–Aerobic Studio	11:00–11:55 am Kettlebells Heidi–Classroom	1:30–2:30 pm Senior Yoga Anu–Aerobic Studio	11:00–11:55 am Kettlebells Reneta–Classroom	11:15–12:15 pm Enhance Fitness Anu–Aerobic Studio	
5:00–6:00 pm MOSSA GROUP POWER Beth–Aerobic Studio	11:00–12:00 pm Cardio Challenge Amy – Aerobic Studio	5:00–6:00 pm MOSSA Group Active Beth–Aerobic Studio	11:10–12:10 pm Cardio Challenge Amy – Aerobic Studio	12:30–1:15 pm Zumba Gold Anu–Aerobic Studio	
5:00–5:45 pm Kettlebells Reneta–Classroom	2:30–3:30 pm Oncology Yoga Deb –Aerobic Studio <b>Starts in July</b>	5:00–5:45 pm Kettlebells Reneta –Large	5:00 – 6:00 pm MOSSA Group Power Sue – Aerobic Studio	1:30–2:30 pm Senior Yoga Anu–Aerobic Studio	
6:00–7:00 pm FITT Porfirio–Aerobic Studio	5:00–6:00 pm Cycling Sally–Aerobic Studio	6:00 – 7:00 pm Buti Yoga Kassie–Aerobic Studio	7:00 – 8:00 pm Adult Dance Amanda–Aerobic Studio	5:00–5:45 pm Kettlebells Reneta–Classroom	
7:00 – 8:00 pm Buti Yoga Kassie–Aerobic Studio	6:00 – 7:00 pm Cardio Challenge Sue – Aerobic Studio	7:00 – 8:00 pm Zumba Erica–Aerobic Studio			
	7:00 – 8:00 pm Zumba Cassie–Aerobic Studio	7:00–8:00 pm Abs, Core & Cardio Deb–Virtual Room			



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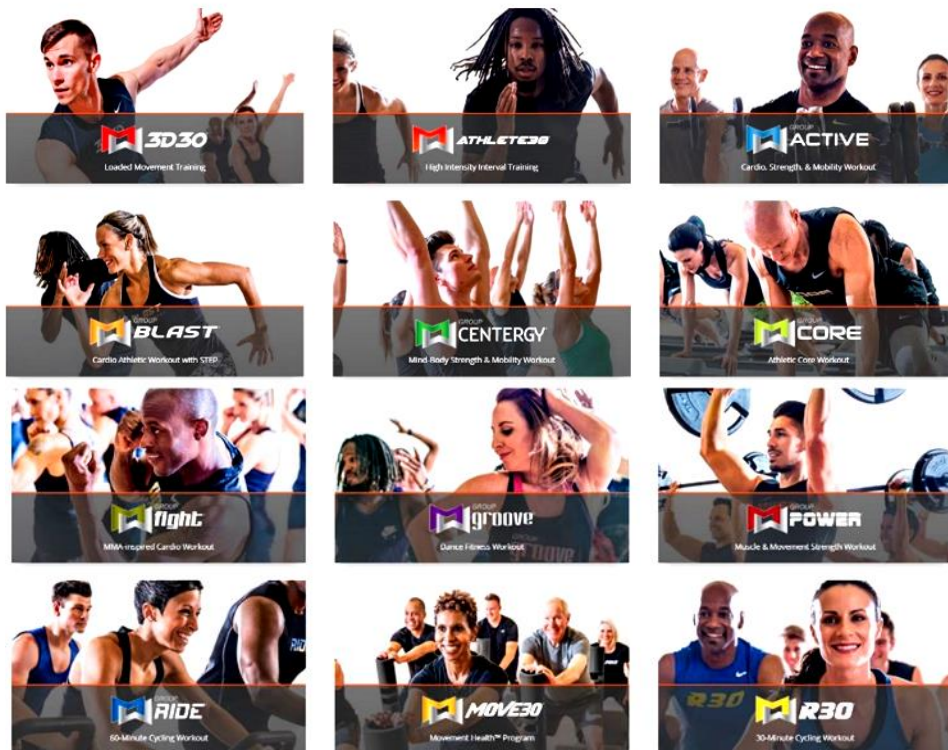
## WATER FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30 am Water Aerobics Susan-Pool	9:00-10:00 am Water Aerobics Laura-Pool	8:30-9:30 am Water Aerobics Sharon F-Pool	9:00-10:00 am Water Aerobics Laura-Pool	8:30-9:30 am Water Aerobics Susan-Pool	8:30-9:15 am Water Aerobics Laura-Pool
9:30-10:00 am Aqua Abs Rob - Pool	6:00-7:00 pm Water Aerobics Beth - Pool	9:30-10:00 am Aqua Abs Rob - Pool		9:30-10:00 am Aqua Abs Rob - Pool	
10:00-10:45 am Water Walking Rob - Pool		10:00-10:45 am Water Walking Rob - Pool		10:00-10:45 am Water Walking Rob - Pool	
11:00 - 12:00 pm Aqua Fit Amy - Pool		11:00 - 12:00 pm Aqua Fit Amy - Pool		11:00-12:00 pm Aqua Fit Amy - Pool	
6:00-7:00 pm Water Aerobics Beth - Pool		6:00-7:00 pm Water Aerobics Michelle - Pool			

Updated 05/25/2023

## VIRTUAL CLASSROOM

The Mansfield Area YMCA is offering a virtual classroom where you can enjoy virtual MOSSA workouts inside the YMCA with a dedicated classroom and equipment! Members can reserve the room and engage with virtual MOSSA workout instructors to bring you a heart-pumping exercise experience.



PURPLE REPRESENTS CLASSES THAT ARE HELD AT THE:  
**LUCAS COMMUNITY CENTER**  
 252 West Main Street Lucas, Ohio 4484