



# WINTER SCHEDULE

Classes & Times are subject to change – sign up for app notifications and text alerts at the Welcome Center Desk

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
5:30 am - 6:15 am Cycling Laura – Large Classroom	8:00 – 9:00 am MOSSA Centergy Beth-Aerobic Studio	5:30 am - 6:15 am Cycling Chris – Large Classroom	8:00 – 9:00 am MOSSA Group Power Beth-Aerobic Studio	5:30 am – 6:15 am Cycling Laura – Large Classroom	7:30 – 8:15 am Cycling Sally – Large Classroom
8:00-8:55 am Dance Fitness Kary-Aerobic Studio	8:00 – 9:00 am Cycling Jami – Large Classroom	8:00-9:00 am Cardio Challenge Lori K-Aerobic Studio	8:00 – 9:00 am Cycling Jami – Large Classroom	8:00–9:00 am Cardio Challenge Robyn – Aerobic Studio	8:00–8:45 am MOSSA Group Power Aerobic Studio
9:00-10:00 am Essentrics Stretch Debbie-Aerobic Studio	9:00-10:00 am Cardio Challenge Lori-Aerobic Studio	9:00-10:00 am Essentrics Stretch Debbie-Aerobic Studio	9:00-10:00 am Dance Fitness Kary-Aerobic Studio	9:00-10:00 am Barre Olivia – Aerobic Studio	9:00-10:00 am MOSSA Blast Beth-Aerobic Studio
10:00 – 10:55 am Fit Lite Dance Debbie – Aerobic Studio	9:00–9:45 am Cycling Chris –Large Classroom	11:15-12:15 pm Enhance Fitness Anu-Aerobic Studio	9:00–9:45 am Boot Camp Chris –Large Classroom	9:30 – 10:30 am Cardio Challenge Amy- Lucas Comm Ctr	10:00–11:00 am FITT CLASS Porfiro-Aerobic Studio
10:00 –11:00 am Cycling Jami – Large Classroom	9:30 – 10:30 am Cardio Challenge Amy – Lucas Comm. Ctr	12:30-1:15 pm Zumba Gold Anu-Aerobic Studio	9:30 – 10:30 am Cardio Challenge Amy – Lucas Comm. Ctr	10:00 – 10:55 am Fit Lite Dance Amanda–Aerobic Studio	
11:15-12:15 pm Enhance Fitness Anu-Aerobic Studio	10:00 – 11:00 Silver Sneakers Classic Anu – Aerobic Studio	1:30-2:30 pm Gentle Yoga Anu-Aerobic Studio	10:00 – 11:00 Total Body Interval Robyn – Aerobic Studio	10:00 –11:00 am Cycling Jami – Large Classroom	
12:30-1:15 pm Zumba Gold Anu-Aerobic Studio	11:00-12:00 pm Cardio Challenge Amy – Aerobic Studio	5:00-6:00 pm Cardio Challenge Deb – Aerobic Studio	11:10-12:10 pm Cardio Challenge Amy – Aerobic Studio	11:15-12:15 pm Enhance Fitness Anu-Aerobic Studio	
1:30-2:30 pm Gentle Yoga Anu-Aerobic Studio	11:15-12:15 pm Enerchi Anu Large Classroom	6:00-6:30 pm Abs & Core Deb – Aerobic Studio		12:30-1:15 pm Zumba Gold Anu-Aerobic Studio	
5:00–6:00 pm MOSSA GROUP POWER Beth-Aerobic Studio	4:30–5:15 pm Cycling Sally – Large Classroom	6:30–7:30 pm FITT CLASS Porfiro-Aerobic Studio		1:30-2:30 pm Gentle Yoga Anu-Aerobic Studio	
6:00–7:00 pm FITT CLASS Porfiro-Aerobic Studio	5:15 – 6:00 pm MOSSA Blast Beth – Aerobic Studio				
7:00–8:00 pm BUTI YOGA Kassie-Aerobic Studio	6:00 – 7:00 pm Cardio Challenge Deb – Aerobic Studio				
	7:00 – 8:00 pm Zumba Cassie-Aerobic Studio				
	8:00-9:00 pm Barre Olivia – Aerobic Studio				



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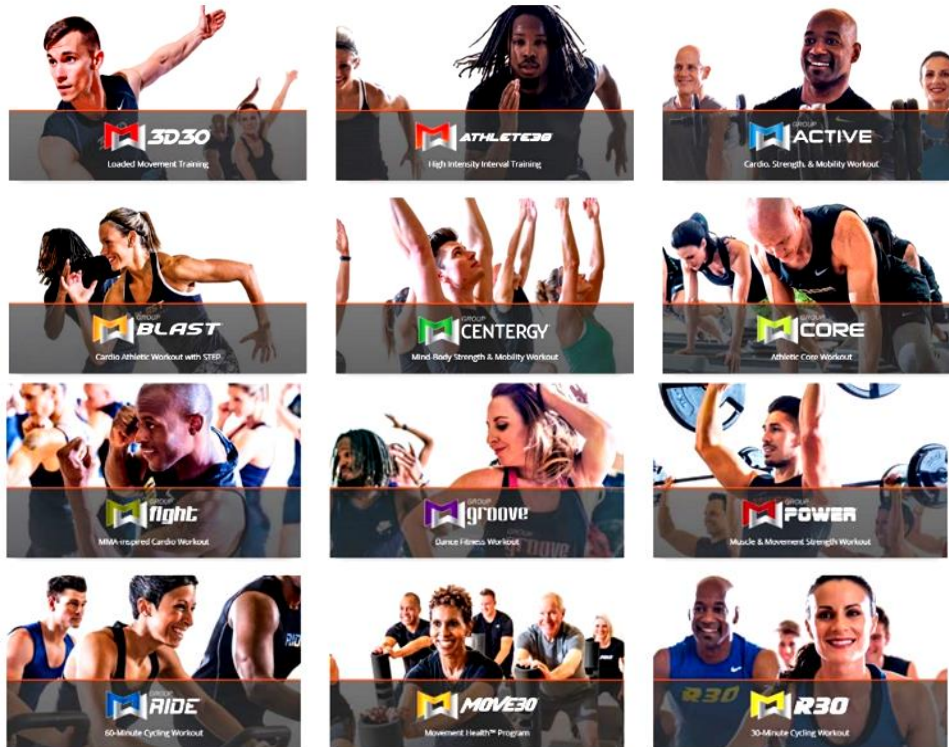
## WATER FITNESS

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
10:00-11:00 am Water Walking & Abs Pool	6:00-7:00 pm Water Aerobics Beth – Pool	10:00-11:00 am Water Walking & Abs Pool		10:00-11:00 am Water Walking & Abs Pool	
11:00– 12:00 pm Aqua Fit Beth – Pool		11:00– 12:00 pm Aqua Fit Amy – Pool		11:00– 12:00 pm Aqua Fit Amy – Pool	

UPDATED 12/31/2024

## 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