



SUMMER SCHEDULE

Classes & Times are subject to change – sign up for remind notification 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	8:00–8:45 am MOSSA Group Power Aerobic Studio
8:00–8:55 am Dance Fitness Kary-Aerobic Studio	9:00–10:00 am Cardio Challenge Lori-Aerobic Studio	8:00–9:00 am Cardio Challenge Lori K-Aerobic Studio	9:00–10:00 am Dance Fitness Kary-Aerobic Studio	8:00–9:00 am Cardio Challenge Robyn – Aerobic Studio	9:00–10:00 am MOSSA Group Active Beth-Aerobic Studio
9:00–10:00 am Essentrics Stretch Debbie-Aerobic Studio	9:00–9:45 am Cycling Chris –Large Classroom	9:00–10:00 am Essentrics Stretch Debbie-Aerobic Studio	9:00–9:45 am Boot Camp Chris –Large Classroom	9:00–10:00 am MOSSA Group Active Beth – Aerobic Studio	10:00 – 10:45 am Cardio Strength NEW Laura-Aerobic Studio
10:00 – 10:55 am Fit Lite Dance Debbie – Aerobic Studio	9:30 – 10:30 am Cardio Challenge Amy – Lucas Comm. Ctr	10:00–10:30 am R30 Beth–Large Classroom	9:30 – 10:30 am Cardio Challenge Amy – Lucas Comm. Ctr	9:30 – 10:30 am Cardio Challenge Amy- Lucas Comm Ctr	
10:00 –11:00 am Cycling Jami – Large Classroom	10:00 – 11:00 Silver Sneakers Classic Anu – Aerobic Studio	11:15–12:15 pm Enhance Fitness Anu-Aerobic Studio	10:00 – 11:00 Total Body Interval Robyn – Aerobic Studio	10:00 – 10:55 am Fit Lite Dance Amanda–Aerobic Studio	
11:15–12:15 pm Enhance Fitness Anu-Aerobic Studio	11:00–12:00 pm Cardio Challenge Amy – Aerobic Studio	12:30–1:15 pm Zumba Gold Anu-Aerobic Studio	11:10–12:10 pm Cardio Challenge Amy – Aerobic Studio	10:00 –11:00 am Cycling Jami – Large Classroom	
12:30–1:15 pm Zumba Gold Anu-Aerobic Studio	5:00–6:00 pm Cycling Sally–Large Classroom	1:30–2:30 pm Senior Yoga Anu-Aerobic Studio	5:00 – 6:00 pm MOSSA Group Power Sue – Aerobic Studio	11:15–12:15 pm Enhance Fitness Anu-Aerobic Studio	
1:30–2:30 pm Senior Yoga Anu-Aerobic Studio	6:00 – 7:00 pm Cardio Challenge Deb – Aerobic Studio	5:00–6:00 pm Cardio Challenge Deb – Aerobic Studio		12:30–1:15 pm Zumba Gold Anu-Aerobic Studio	
2:45–3:45 pm* Oncology Yoga Deb –Aerobic Studio	7:00 – 8:00 pm Zumba Cassie-Aerobic Studio	6:00–6:30 pm Abs & Core Deb – Aerobic Studio		1:30–2:30 pm Senior Yoga Anu-Aerobic Studio	
5:00–6:00 pm MOSSA GROUP POWER Beth-Aerobic Studio					
6:00–7:00 pm FITT Porfirio–Aerobic Studio					

*Schedule differs from normal group fitness classes, download the app for alerts on this and all other group exercise classes



SUMMER SCHEDULE

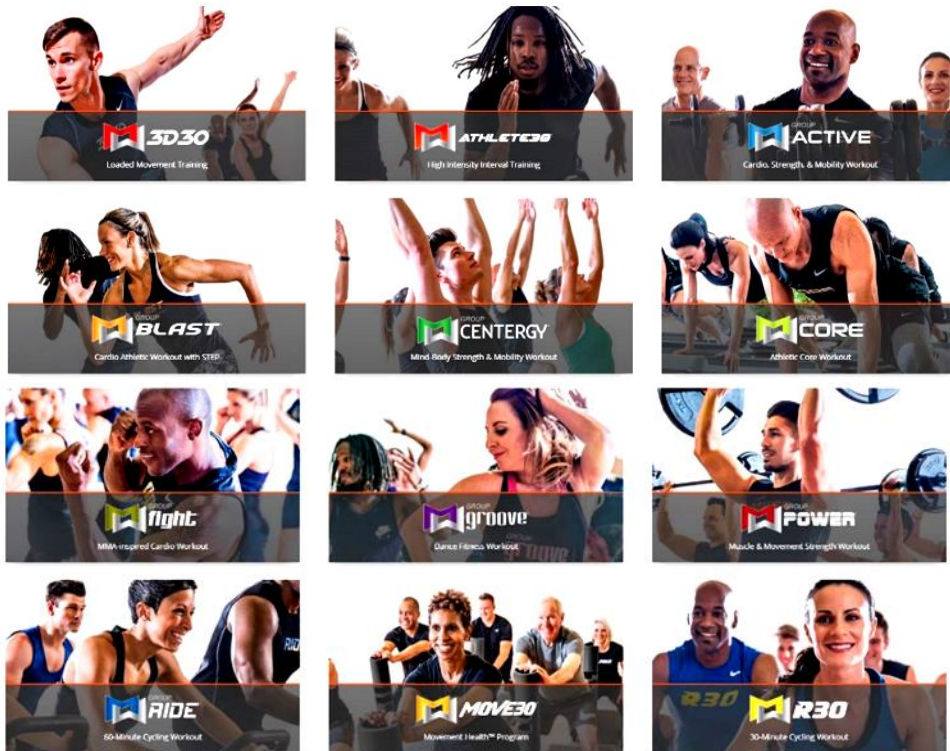
WATER FITNESS

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 Elizabeth -Pool	6:00-7:00 pm Water Aerobics Beth - Pool	10:00-11:00 am Water Walking & Abs Elizabeth -Pool		10:00-11:00 am Water Walking & Abs Elizabeth -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 5/25/24

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

YMCA OF NCO – MANSFIELD BRANCH

750 SCHOLL RD. MANSFIELD, OH 44907

WWW.YMCANCO.ORG