



# SPRING 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	8:00 – 9:00 am Rhythm Cycle Jami – Large Classroom	8:00–9:00 am Cardio Challenge Lori K-Aerobic Studio	8:00 – 9:00 am Rhythm Cycle Jami – Large Classroom	8:00–9:00 am Cardio Challenge Robyn – Aerobic Studio	9:00–10:00 am Cardio Challenge Leslie-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 MOSSA Group Active Beth – Aerobic Studio	10:00 – 10:45 am Cardio Strength <b>NEW</b> Laura-Aerobic Studio
10:00 – 10:55 am Fit Lite Dance Debbie – Aerobic Studio	9:00–9:45 am Cycling Chris –Large Classroom	10:00–10:30 am R30 Beth–Large Classroom	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 Cycling Jami – Large Classroom	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–Aerobic Studio	
11:15–12:15 pm Enhance Fitness Anu-Aerobic Studio	10:00 – 11:00 Silver Sneakers 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 –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	1:30–2:30 pm Senior Yoga Anu-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 Senior Yoga Anu-Aerobic Studio	5:00–6:00 pm Cycling Sally–Large Classroom	5:00–6:00 pm MOSSA Group Active Beth-Aerobic Studio	5:00 – 6:00 pm MOSSA Group Power Sue – Aerobic Studio	12:30–1:15 pm Zumba Gold Anu-Aerobic Studio	
2:45–3:45 pm* Oncology Yoga Deb –Aerobic Studio	6:00 – 7:00 pm Cardio Challenge Leslie – Aerobic Studio	7:00–8:00 pm Abs and Core Deb – Virtual Room	7:50 – 8:30 pm Adult Dance Amanda-Aerobic Studio	1:30–2:30 pm Senior Yoga Anu-Aerobic Studio	
5:00–6:00 pm MOSSA GROUP POWER Beth-Aerobic Studio	7:00 – 8:00 pm Zumba Cassie-Aerobic Studio		7:30 – 8:30 pm TBD Kassie-Large Classroom		
6:00–7:00 pm FITT Porfirio–Aerobic Studio					
7:00 – 8:00 pm Buti Yoga Kassie-Aerobic Studio	*Schedule differs from normal group fitness classes, download the app for alerts on this and all other group exercise classes				



# SPRING SCHEDULE

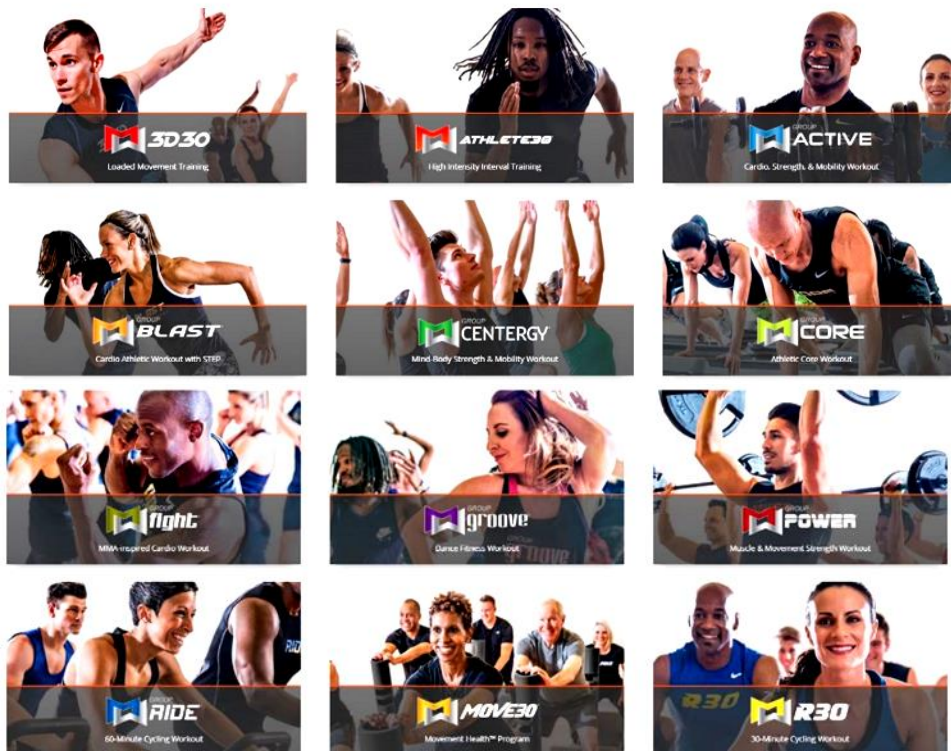
## WATER FITNESS

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 3/14/2024

## 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

YMCA OF NCO – MANSFIELD BRANCH

750 SCHOLL RD. MANSFIELD, OH 44907

[WWW.YMCANCO.ORG](http://WWW.YMCANCO.ORG)