



FALL 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	7:30 –8:15 am Cycling- Starts Oct. 5 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 MOSSA Group Active Beth – Aerobic Studio	9:00-10:00 am Step Plus 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 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 Senior 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 Senior Yoga Anu-Aerobic Studio	11:15-12:15 pm Tai Chi 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	5:00 –5:45 pm Cycling – Starts Oct. 1 Sally – Large Classroom			1:30-2:30 pm Senior Yoga Anu-Aerobic Studio	
	6:00 – 7:00 pm Cardio Challenge Deb – Aerobic Studio				
	7:00 – 8:00 pm Zumba Cassie-Aerobic Studio				

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



FALL SCHEDULE

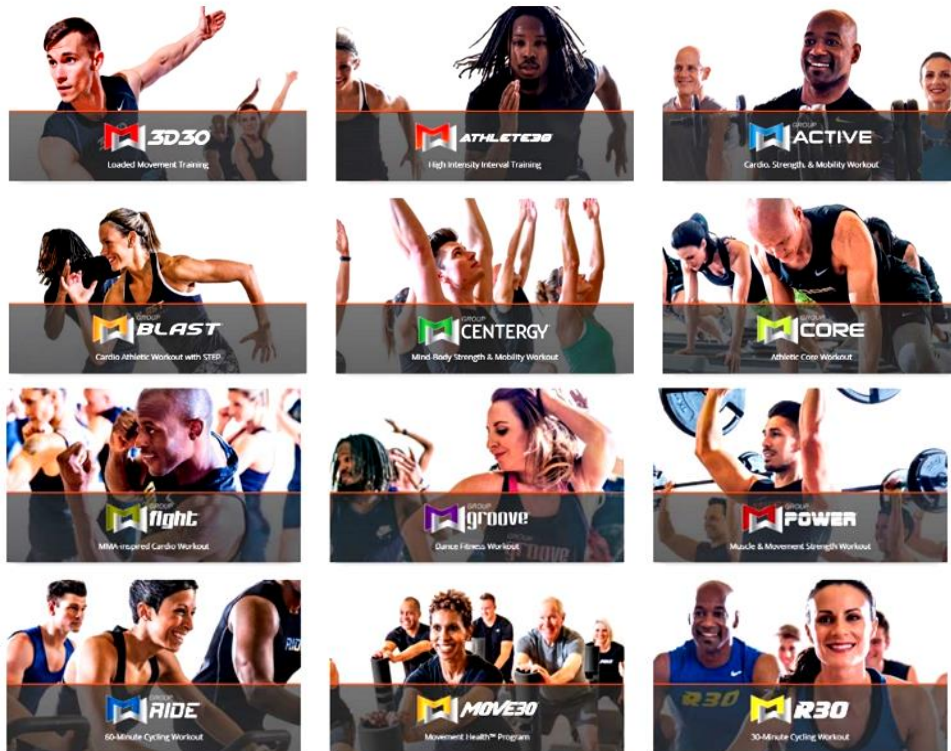
WATER FITNESS

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 9/3/2024

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