



# 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 Sally – Large Classroom	8:00 – 9:00 am MOSSA Centergy Beth-Aerobic Studio	5:30 am – 6:15 am Cycling Chirs – Large Classroom	7:00 – 8:00 an Centergy 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 an Centergy Beth – Large Classroom	8:00 – 9:00 am MOSSA Group Power Beth-Aerobic Studio	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	9:00–9:45 am Cycling Chris –Large Classroom	8:00-9:00 am Cardio Challenge Lori K-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	9:30 – 10:30 am Cardio Challenge Amy – Lucas Comm. Ctr	9:00-10:00 am Essentrics Stretch Debbie-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 MOSSA Ride Beth Large Classroom	10:00 – 11:00 Silver Sneakers Classic Anu – Aerobic Studio	10:00–11:00 am Cycling Sue–Large Classroom	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	11:00–12:00 pm Cardio Challenge Amy – Aerobic Studio	11:15-12:15 pm Enhance Fitness Anu-Aerobic Studio	10:00 – 11:00 Total Body Interval Robyn – Aerobic Studio	10:00 – 11:00 am MOSSA Ride Beth – Large Classroom	
12:30-1:15 pm Zumba Gold Anu-Aerobic Studio	5:00–6:00 pm Cycling Sally–Large Classroom	12:30-1:15 pm Zumba Gold 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	6:00 – 7:00 pm Interval Training Sue – Aerobic Studio	1:30-2:30 pm Senior Yoga Anu-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	7:00 – 8:00 pm Zumba Cassie-Aerobic Studio	5:00-6:00 pm MOSSA Group Active Beth-Aerobic Studio	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 Abs and Core Deb - Aerobic Studio	7:30 – 8:30 pm Buti Yoga Kassie-Large Classroom		
6:00–7:00 pm FITT Porfirio-Aerobic Studio					
7:00 – 8:00 pm Buti Yoga Kassie-Aerobic Studio					



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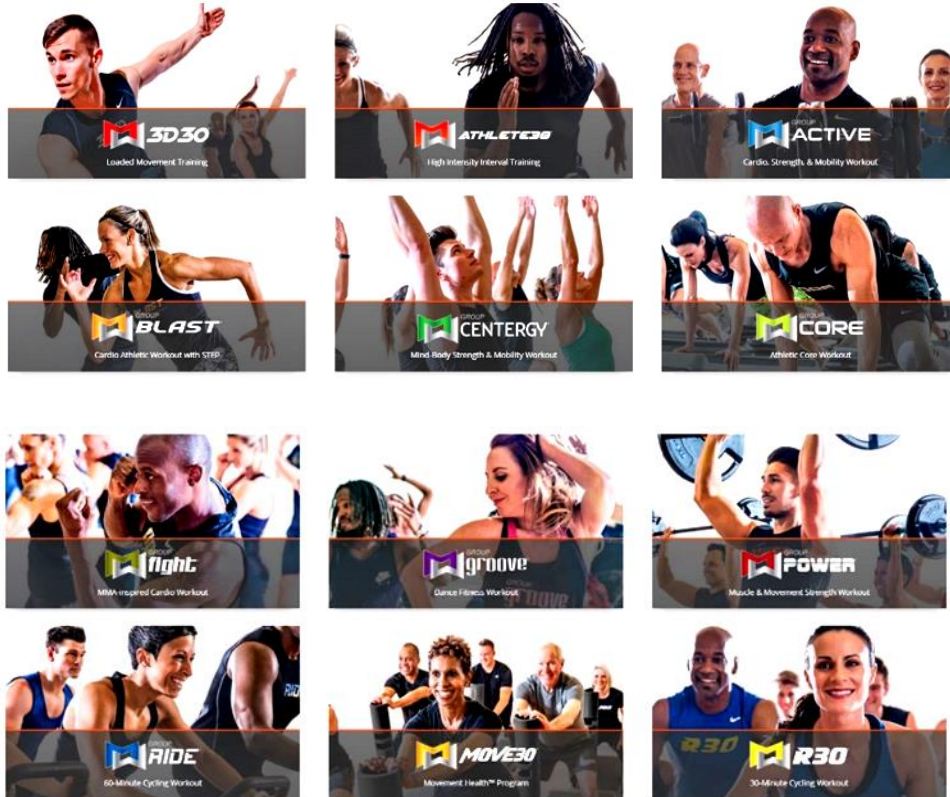
## WATER FITNESS

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
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	

UPDATED 10/1/2023

## 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 enqaqe with virtual MOSSA workout instructors to bring you a heart-p



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)