

# Stepping Out (Free Virtual and On-Site Classes) May 2024

This Program is provided through a grant from the Mercy Health Foundation of Mahoning Valley



| <b>Mondays</b>                                       | <b>Start Time</b> | <b>Instructor</b>  | <b>Location</b>   |
|--|-------------------|--------------------|---|
| Christ Centered Yoga                                 | 8:30 AM           | Bethanie Meredith  | <a href="https://us06web.zoom.us/j/87141117511">https://us06web.zoom.us/j/87141117511</a>   |
| Chairs Aerobics                                      | 10:00 AM          | Faith Wallace      | <a href="https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUdxWJCCzBzOXI0QT09">https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUdxWJCCzBzOXI0QT09</a>           |
| Senior Aerobics                                      | 10:00 AM          | Margo Senek        | Fitness 330   |
| Chair Aerobics                                       | 10:00 AM          | Terri Dean         | Niles Wellness Center   |
| YMCA Davis Screenings <b>5/20 Only</b>               | 10:00 AM          | Nakiya Salter      | YMCA Davis in Boardman-Free Screenings: Blood Pressure, Blood Glucose and more  |
| Walking to a healthier YOU                           | 10:30 AM          | Nakiya Salter      | Wick Park (Questions about walking call Nakiya 330-314-2021)  |
| Chair Aerobics <b>5/6, 5/9 &amp; 5/20, 5/23 Only</b> | 11:00 AM          | Toscha Gentry      | Glenwood Fresh Market   |
| Walk with The Doc <b>5/20 Only</b>                   | 12:00 PM          | Dr. Weiss          | Boardman Davis YMCA <b>Topic: "Coordination and Balance"</b>  |
| Chair Volleyball                                     | 12:00 PM          | Nakiya Salter      | Heart Reach Neighborhood Ministries   |
| Chair Yoga   | 1:00 PM           | Doris Bullock      | Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293  |
| Balance Class <b>5/6 and 5/20 only</b>               | 2:30 PM           | Nakiya Salter      | Villa Maria   |
| Old School Fitness Walking                           | 3:00 PM           | Faith Wallace      | Greater Mill Creek Community Center   |
| Beginner Line Dance                                  | 3:00 PM           | Lynn McElory       | Associate Neighborhood Centre   |
| Country Line Dance                                   | 4:30 PM           | Shelia Cornell     | Fitness 330   |
| Zu-Bata  | 5:00 PM           | Kelley Frazier     | Greater Mill Creek Community Center   |
| Hatha Yoga   | 5:00 PM           | Michelle Best      | CLWCC (Lowellville, OH)   |
| Let's Just Dance                                     | 5:00 PM           | Carol Williams     | Eugenia Atkinson Recreation Center  |
| Zumba  | 5:00 PM           | Tamara Cooper      | Grace AME   |
| Zu-Bata  | 5:45 PM           | Kelley Frazier     | Greater Mill Creek Community Center   |
| Chair & More   | 6:00PM            | Ava Lilley-Degross | Grace AME   |
| Yoga For All   | 6:00 PM           | Marioga LLC        | TriYOUity   |
| Hip Hop  | 6:00 PM           | Doreen Block       | Associate Neighborhood Centre   |
| Adv Urban Ballroom Dancing                           | 6:30 PM           | Jim Locker         | Greater Mill Creek Community Center   |
| Line Dance   | 7:00 PM           | Kissa Graham       | Grace AME   |
| <b>Tuesdays</b>                                      | <b>Start Time</b> | <b>Instructor</b>  | <b>Location</b>   |
| Chair Volleyball                                     | 9:30 AM           | Toscha Gentry      | Jewish Community Center of Youngstown   |
| Chair Aerobics                                       | 11:30 AM          | Sonja Lynn         | St. Angela Merici   |
| Chair Aerobics                                       | 11:45 AM          | Toscha Gentry      | Austintown Senior Center  |
| Chair Aerobics & Chair Volleyball                    | 1:00 PM           | Nakiya Salter      | Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293  |
| Walking for a healthier YOU                          | 2:00 PM           | Nakiya Salter      | Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-314-2021  |
| Line Dancing   | 3:00 PM           | Selina Cotton      | OCCHA   |
| Super Senior Exercise                                | 4:00 PM           | Carolyn Spires     | <a href="https://us02web.zoom.us/j/72919939523?pwd=OUo0OGItS0ZQd3FrMIN2YTVNNWFYQT09">https://us02web.zoom.us/j/72919939523?pwd=OUo0OGItS0ZQd3FrMIN2YTVNNWFYQT09</a> |
| Yogalates (Yoga & Pilates)                           | 4:30 PM           | Colleen Dunn       | <a href="https://us04web.zoom.us/j/7576882271?pwd=Z1NYZC9NSzIHTnlNTXdxUozVUjUwZz09">https://us04web.zoom.us/j/7576882271?pwd=Z1NYZC9NSzIHTnlNTXdxUozVUjUwZz09</a>   |
| Yoga   | 5:00 PM           | Michelle Best      | Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293  |
| Let's Just Dance                                     | 5:00 PM           | Carol Williams     | OCCHA   |
| Urban Ballroom Dancing                               | 5:00 PM           | Jim Locker         | Greater Mill Creek Community Center   |
| Keeping it Real Kickboxing                           | 5:30 PM           | Ava Lilley-Degross | Warren SCOPE Center   |
| It Feels Good Urban Line Dance                       | 6:00 PM           | Kissa Graham       | Niles Wellness Center   |
| Zumba  | 6:00 PM           | Doreen Block       | <a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>  |
| <b>Wednesdays</b>                                    | <b>Start Time</b> | <b>Instructor</b>  | <b>Location</b>   |
| MiBoSo SONrise Stretch                               | 8:00 AM           | Sherry Woods       | <a href="https://zoom.us/j/92429017147?pwd=aGhhL0xURmplQWsyM0VzazgybFdvZ09">https://zoom.us/j/92429017147?pwd=aGhhL0xURmplQWsyM0VzazgybFdvZ09</a>                   |
| Senior Aerobics                                      | 10:00 AM          | Margo Senek        | Fitness 330   |
| Chair Aerobics                                       | 10:00 AM          | Faith Wallace      | <a href="https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUdxWJCCzBzOXI0QT09">https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUdxWJCCzBzOXI0QT09</a>           |
| Chair Aerobics                                       | 10:00 AM          | Terri Dean         | Niles Wellness Center   |
| Walking for a healthier YOU                          | 10:30 AM          | Nakiya Salter      | Wick Park (Questions about walking call Nakiya 330-314-2021)  |
| Chair Aerobics <b>5/8, 5/22 only</b>                 | 11:00 AM          | Toscha Gentry      | Glenwood Fresh Market   |
| Walk the Valley                                      | 12:00 PM          | Various            | Downtown Youngstown   |
| Chair Volleyball                                     | 1:00 PM           | Toscha Gentry      | Hubbard Scope   |
| Chair Aerobics                                       | 1:00 PM           | Doris Bullock      | Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293  |
| Chair Aerobics                                       | 1:30 PM           | Nakiya Salter      | Villa Maria   |
| Bold Beginners Line Dance                            | 3:00 PM           | Lynn McElory       | Greater Mill Creek Community Center   |
| Urban Ballroom Dancing                               | 4:30 PM           | Jim Locker         | CLWCC (Lowellville, OH)   |
| Zumba  | 5:00 PM           | Mari Basile        | OCCHA   |
| Hustle & Glow  | 5:00 PM           | Candys Mayo        | Greater Mill Creek Community Center   |



(Use the barcode to upload the Stepping Out Program calendar or call Doris Bullock, Stepping Out Program Supervisor  
(C) 330-720-3293, (O) 330-480-8659 Email: [dibullock@mercy.com](mailto:dibullock@mercy.com))  
(<https://www.mercy.com/-/media/mercy/youngstown/stepping-out-calendar>)

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| Wednesdays                              | Start Time | Instructor          | Location  |
|---|------------|---------------------|---|
| Chair Aerobics                          | 6:00 PM    | Doreen Block        | <a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>  |
| Chair Yoga                              | 6:00 PM    | Jeanette Cole       | EJ Blott Elementary School  |
| Yoga For All                            | 6:00 PM    | Marioga LLC         | TriYOUUnity   |
| Zumba                                   | 6:00 PM    | Doreen Block        | Associate Neighborhood Centre   |
| Thursdays                               | Start Time | Instructor          | Location  |
| Chair Aerobics                          | 9:30 AM    | Toscha Gentry       | CLWCC (Lowellville, OH)   |
| Walking For a Healthier You             | 9:30 AM    | Nakiya Salter       | Niles Wellness Center (Questions about walking: call 330.314.2021)  |
| Chair Volleyball                        | 10:00 AM   | Nakiya Salter       | Niles Wellness Center   |
| Walking/Chair Volleyball & Aerobics     | 11:00 AM   | Faith Wallace       | Eugenia Atkinson  |
| Chair Volleyball                        | 11:30 AM   | Sonja Lynn          | St. Angela Merici   |
| Chair Volleyball                        | 12:00 PM   | Nakiya Salter       | Heart Reach Neighborhood Ministries   |
| Pilates                                 | 2:45 PM    | Kassandra Johnson   | Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293  |
| Fitness Walking Class                   | 3:00 PM    | Faith Wallace       | Greater Mill Creek Community Center   |
| Off The Wall                            | 4:00 PM    | Kassandra Johnson   | Greater Mill Creek Community Center   |
| Hatha Yoga                              | 4:30 PM    | Michelle Best       | Hubbard Scope   |
| Let's Just Dance                        | 5:00 PM    | Carol Williams      | Eugenia Atkinson Recreation Center  |
| Zu-Bata                                 | 5:00 PM    | Kelley Frazier      | Greater Mill Creek Community Center   |
| Line Dance <b>Only 5/9 only</b>         | 5:30 PM    | Toscha Gentry       | YellowBrick Place   |
| Zumba                                   | 5:30 PM    | Tamara Cooper       | Niles Wellness Center   |
| Ring Ya Bell, Kettlebell                | 5:30 PM    | Ava Lilley-Degross  | Warren Scope Center   |
| Zu-Bata                                 | 5:45 PM    | Kelley Frazier      | Greater Mill Creek Community Center   |
| It Feels Good Urban Line Dance          | 6:30 PM    | Kissa Graham        | Warren SCOPE Center   |
| Fridays                                 | Start Time | Instructor          | Location  |
| Chair Chi                               | 10:00 AM   | Faith Wallace       | <a href="https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUdxdlWJCCzBzOXI0QT09">https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUdxdlWJCCzBzOXI0QT09</a> |
| Walking for a healthier YOU             | 10:30 AM   | Nakiya Salter       | Wick Park (Questions about walking call Nakiya 330-314-2021)  |
| Chair Yoga                              | 1:15 PM    | Collen Dunn         | TriYOUUnity   |
| Cooking Class <b>(5/ 24 only)</b>       | 1:00 PM    | Jessica Romeo       | Youngstown Public Library-Main (Seats limited Must Pre-Register with Library)   |
| Chair Volleyball <b>(5/ 24 only)</b>    | 1:30 PM    | Nakiya Salter       | Youngstown Public Library – Main (no registration required)   |
| Beginner Line Dancing                   | 3:00 PM    | Candys Mayo         | Heart Reach Neighborhood Ministries   |
| Line Dancing                            | 4:00 PM    | Selina Cotton       | Jewish Community Center of Youngstown   |
| Chair Aerobics                          | 6:00 PM    | Doreen Block        | <a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>  |
| First Friday Line Dance <b>5/3 Only</b> | 6:00 PM    | Selina Cotton       | S Phelps St, Youngstown, Oh 44503   |
| Saturdays                               | Start Time | Instructor          | Location  |
| Better Body by Ava                      | 9:00 AM    | Ava Lilley-Degross  | Warren Scope Center   |
| Hatha Yoga                              | 9:00 AM    | Michelle Best       | CLWCC (Lowellville, OH)   |
| Fitness Walking Class                   | 10:00 AM   | Doreen Rodgers      | Warren G. Harding High School Track   |
| Zumba                                   | 10:00 AM   | Tamara Cooper       | Warren SCOPE Center <a href="https://www.zumba.dance/?locale=en_US">https://www.zumba.dance/?locale=en_US</a>   |
| Meditation                              | 10:00 AM   | Maureen Lauer-Gatta | Niles Scope Center <a href="https://us02web.zoom.us/j/82074416850">https://us02web.zoom.us/j/82074416850</a>  |
| Mindful Hatha Yoga and Meditation       | 11:00 AM   | Maureen Lauer-Gatta | Niles Scope Center <a href="https://us02web.zoom.us/j/82074416850">https://us02web.zoom.us/j/82074416850</a>  |
| Line Dancing                            | 1:00 PM    | Anthony Woodberry   | Eugenia Atkinson  |

## Locations

|   |              |
|---|--------------|
| Associated Neighborhood Centers (McGuffey Centre) 1649 Jacobs Rd. Youngstown, OH 44505            |              |
| Austintown Senior Center, 112 Westchester Dr. Austintown, OH 44515                                | 330-953-1416 |
| (CLWCC) Community Literacy Workforce & Cultural Center, 438 OH Highway 616, Lowellville, OH 44436 | 330-799-6842 |
| (Davis) Boardman Davis YMCA, 45 McClurg Rd, Boardman, OH 44512                                    | 330-480-5656 |
| Eugenia Atkinson Recreation Center, 903 Otis St., Youngstown, OH 44510                            | 330-707-4714 |
| EJ Blott Elementary School, 4115 Shady Rd., Youngstown, OH 44505                                  |              |
| Fitness 330, 14 Youngstown-Warren Rd. Niles, OH 44446   | 330-770-6402 |
| Hubbard Senior Center/Hubbard Scope 220 W Liberty St., Hubbard, Ohio 44425                        | 330-534-3636 |
| Glenwood Fresh Market 2915 Glenwood Ave, Youngstown, Ohio 44511                                   | 330-333-3561 |
| (GMCCC) Greater Mill Creek Community Center, 496 Glenwood Ave, Youngstown, OH 44502               | 330-743-0020 |
| Grace AME, 1137 Main Ave. SW, Warren, OH 44483  | 330-394-6270 |
| Heart Reach Neighborhood Ministries, 211 Redondo, Youngstown, OH 44503                            | 330-744-2000 |



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|   |              |
|---|--------------|
| Heritage Apartments, 600 Granada Ave, Youngstown, OH 44505  | 330-744-3383 |
| (JCC) Jewish Community Center of Youngstown, 505 Gypsy Ln., Youngstown, OH 44504                                    | 330-746-3251 |
| (LYRIC) Old Liberty High School, 317 Churchill Rd, Youngstown, OH 44505   |              |
| Mercy Health Community Outreach BLG 3 <sup>rd</sup> and 4 <sup>th</sup> Floor 932 Belmont Ave, Youngstown, Oh 44501 | 330-720-3293 |
| Niles Wellness Center, 213 Sharkey Dr., Niles, OH 44446   | 330-349-9355 |
| Niles Scope, 14 East State St., Niles, OH 44446   | 330-544-3676 |
| OCCHA, 3660 Shirley Rd. Youngstown, OH 44505  | 330-781-1808 |
| Packard Park, Warren OH   |              |
| St. Angela Merici 397 S. Jackson St. Youngstown, OH 44506   | 330-747-6080 |
| TriYOUity, 239 South Main Ave SW Warren OH 44481  | 330-766-4495 |
| Villa Maria (Sisters of the Humility of Mary) Villa Maria Rd., Villa Maria, PA 16155                                | 724.964.8861 |
| Warren G. Harding High School Track, 860 Elm Rd NE, Warren OH 44483   |              |
| Warren SCOPE Center, 375 N. Park Ave Warren, OH 44483   | 330-399-6745 |
| Wick Park, 260 Park Ave., Youngstown, OH 44504  |              |
| Woodworth Park 255 Warren Ave. Poland Ohio 44514  | 330-549-9552 |
| YellowBrick Place 2959 Canfield Rd #10, Youngstown, OH 44511  | 234-228-9550 |
| Youngstown Public Library-Main 305 Wick Ave Youngstown, Oh 44503  | 330-744-8636 |

## Class changes:

### No Stepping Out Classes on Monday, May 27, 2024, for Memorial Day.

**New Walking Classes:** Walking for a healthier YOU Mondays, Wednesdays, and Fridays 10:30 AM and Tuesdays 2:00 pm at Mercy Health 932 Belmont Ave.

**New Walking class** at Warren G. Harding High School Track in Warren Ohio with Doreen Rodgers every Saturday 10:00 am.

**New Class:** Grace AME will now offer classes on MONDAY's. 5:00pm Zumba with Tamara, 6:00pm Chair class with Ava and 7:00pm Line Dance with Kissa.

**New Class:** Pilates with Kassandra on Thursdays at 2:30 pm located at Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor)

**New Site:** YellowBrick will have Line dance class on Thursday May 9, Toscha Gentry 5:30 pm.

**New Site:** Glenwood Fresh Market will have Chair Aerobics Monday May 6<sup>th</sup> and Monday May 20, 2024, at 11:00am. Also, now on Wednesday May 8<sup>th</sup> and May 22<sup>nd</sup>, 2024

**New Site:** Community Health Building at Mercy Health 4<sup>th</sup> Floor: Monday 1 pm Chair Yoga with Doris, Tuesday 1 pm Chair Aerobics/Chair Volleyball with Nakiya, Tuesday 5 pm Yoga with Michelle Best, Thursday 2:30 pm Pilates with Kassandra

**New Class:** Walking, Chair Aerobics and Chair Volleyball at Eugenie Atkinson Center 11 am with Stepping out Team Faith and Toscha

**New: Walk with the Doc:** the discussion this month **Topic: "Coordination and Balance"** Monday **May 20**

**New Class:** Hands on Cooking Class at the Public Library of Youngstown with Jessica Romeo MHHS, RDN, LD, Friday May 24, 2024, 1 pm (seats limited and must pre-register with Library 330-744-8636) followed by a free Chair Volleyball with Stepping Out Program staff 1:30 PM (Class Open to all 18 and over)

**Class Cancelled:** No Zumba with Tamara May 5 to May 15<sup>th</sup>: No Zumba class at Grace AME Monday May 6 and Monday May 13, 2024. No Zumba class with Tamara at Warren Scope Thursday, May 9<sup>th</sup> and Saturday, May 11<sup>th</sup>, 2024.

**Class Cancelled:** Friday, May 17, 2024, Chair Chi with Faith at 10:00 am

**Class Cancelled:** Walk at Wick 10:30 am class is cancelled for both Friday, May 17, 2024 and Monday, May 20, 2024

**Class Cancelled:** Ballroom dancing with Jim Locker at CLWCC on Wednesday, May 1, 2024, 4:30 pm class is cancelled.

**\*Please note: all classes are subject to change. Please check out Facebook "Stepping Out Fitness" page for any additional changes to classes throughout the month.**

## Zoom Passwords

|  |                    |
|--|--------------------|
| <b>Ava Lilley-Degross:</b> Meeting ID: 263 079 4644  | Passcode: GFIT     |
| <b>Bethanie Meredith:</b> Meeting ID: 871 4111 7511  | Passcode: Mark1230 |
| <b>Carolyn Spires:</b> Meeting ID: 729 1993 9523   | Passcode: blessed  |
| <b>Doreen Block:</b> <a href="https://www.facebook.com/profile.php?id=12445840">https://www.facebook.com/profile.php?id=12445840</a> |                    |
| <b>Faith Wallace:</b> Meeting ID: 766 556 3864   | Passcode: FAITH    |
| <b>Colleen Dunn:</b> Meeting ID: 757 688 2271  | Passcode: 2GjW77   |
| <b>Dr. Sherri Woods:</b> Meeting ID: 933 4195 7753   | Passcode: miboso   |
| <b>Maureen Lauer-Gatta:</b> Meeting ID: 820 7441 6850  | Passcode: 395529   |

## CLASS DESCRIPTIONS

**Better Body By Ava** This high-energy and dynamic class has been carefully designed by Ava, a seasoned fitness instructor, to target all major muscle groups and maximize your calorie burn, with an emphasis on both strength training and cardiovascular exercises. (Class is suitable for all fitness levels) Equipment is available and provided on site.

**Cardio Combo** is a 60-minute class combines low impact aerobics with weights & stretching for a full body workout. Suitable for ALL fitness levels. Equipment is available on site.

**Chair Chi** is a gentle exercise program to help people to receive the benefits of the traditional Tai Chi Chun in the comfort & safety of their chair. Suitable for all level.

**Chair Volleyball** this class is intended help reduce stress and boost your self-esteem and confidence. All moves (blocks & serves) are done from the chair. The main rule is players must always remain in their chairs. For a good time and lots of laughs...this class is for you. Suitable for ALL fitness levels.



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**Chair Aerobics/Senior Aerobics** is an aerobic workout with emphasis on improving cardio and strengthening muscles for participants who may have certain physical restrictions or limits in a traditional setting. We use chairs, weights, and resistance bands partnered with an upbeat playlist to make class productive and enjoyable. Suitable for ALL fitness levels. Equipment is available on site.

**Chair Yoga** is a gentle form of yoga class that can be done sitting on a chair or standing while using the chair for support. Suitable for ALL fitness levels.

**Christ-Centered Yoga** sponsored by Mercy Health, Stepping Out \*Please find a Quiet space and unroll your yoga mat or beach towel. Join me for a gentle, guided yoga practice - honoring God with all of your heart, soul, mind, and strength.

**Country Line Dancing** come on out and kick up your heels! This fun and energetic line dance class is set to country, pop and R&B. Come as you are or feel free to wear your boots and cowboy hat.

**Fitness Walking/Old School Fitness walking** is a 60-minute class where participants can walk the circumference of the gym at their own pace while socializing with others or on their own. It is also an opportunity to walk with the instructor one on one and get advice and answers on anything health and fitness related. Great way to get those daily steps in in a safe environment. Suitable for ALL fitness levels. Equipment needed: none.

**Fun and Fit** is a senior fitness class which includes low impact cardio, strength training, balance, and stretching that can be done seated or standing. Suitable for ALL fitness levels. All levels welcome.

**Glutes and Gams** is a class that focuses on glute activation. Suitable for all levels, weights and bands are used.

**Hatha Yoga** Hatha yoga is a powerful tool for self-transformation. It asks us to bring our attention to our breath, which helps us to still the fluctuations of the mind and be more present in the unfolding of each moment. This is a slower-paced, gentle yoga that has been proven to help to relieve stress, support healthy habits, improve emotional health, ease back and arthritis pain, and even help people quit smoking.

**Hip Hop** is a great way to lose yourself in the fun of hip-hop dancing. Work it like never before and leave feeling like one of Beyoncé's backup dancers.

**Keeping It Real, Kickboxing** a high intensity cardio class that uses punches and kicks to burn calories and tone your body. Will be learning self-defense moves as well as taking out frustration on the heavy bags or pads. We will punch, kick, sweat and laugh the Ava way. Gloves are needed but not necessary.

**Line Dancing (Bold Beginners Line Dance, Hustle & Glow, It Feels Good Urban Line Dance, Let's Just Dance)** is a Soul/Urban line dance class. This class is a fun and an exciting way to dance your way to good health! The instructor will teach you low, moderate, and high energy line dance routines and will help you burn calories at the same time. It's a fun way to exercise and it will free the dancer in you! No partners needed--perfect for singles! Suitable for ALL fitness levels. Equipment needed: none.

**Mindful Hatha Yoga and Meditation** Join us on the mat to awaken inner peace as we meet each moment with mindful movement and breath - moving with compassion from one posture to the next to quiet the mind, strengthen the body, and open the heart. Step by step, we will connect breath with movement, gain wisdom through mind-body harmony, and nurture ourselves with a joyful presence. Suitable for ALL fitness levels. Equipment needed: mats, yoga blocks, and straps. The blocks and straps are not necessary, class will be modified if you don't have them.

**Mindful Meditation** has been shown to significantly reduce stress, sharpen mental clarity, foster emotional balance, and contribute to overall physical health.

**MiBoSo SONrise Stretch** A Christ-centered restorative stretch class with meditations to calm the mind, movements to stretch the body, and moments to search the soul. A mat, blocks, blanket are optional. An exercise mat & blocks are suggested. Blankets are optional. Suitable for all fitness levels.

**Pilates** is a series of exercises inspired by calisthenics, yoga and ballet. Pilates promotes mobility and strength of all the major muscle groups in the body in a balanced fashion, whilst also having a key focus on the deep core. suitable for ALL fitness levels. Equipment will be provided.

**Pound** is a combine cardio, strength training, and Pilates with drumming to achieve a full-body workout. We use drumsticks to jam to the music. suitable for ALL fitness levels. Equipment will be provided.

**Off the Wall** is Pilates and yoga combine. Most of the exercises are done while standing against the wall. This class will help to you to tone, strengthen, increases stamina & endurance, improves posture, improves focus, improves balance & stability, and improves your core strength. The class can be done by anyone and anywhere. Suitable for ALL fitness levels. No equipment needed.

**Ring Ya Bell, Kettlebell** this class uses an awesome piece of equipment that will incorporate a dynamic set of movements that will build strength and add flexibility as well as some cardio burn. Suitable for all fitness levels. Equipment available on-site weights ranging from 5lb-30lb.

**Urban Ballroom Dancing** is a 2-hour class. A partner dance style which combines the Cha Cha with an Urban Flavor, bringing Ballroom dancing to the next generation. Urban Ballroom is about rhythms and mixing styles & movements to create something new and unique every time. Suitable for ALL fitness levels. Equipment needed: none.

**Super Senior Exercise Class** is a fun way to get in and stay in shape! A scarf, two cans, or two water bottles and a chair are all you'll need to stretch, gain strength and improve your balance! Suitable for ALL fitness levels.

**Walking for a Healthier You** is a walking class. Walking can help improve blood flow, lower blood pressure, boost energy levels, reduce stress and is known to help with mental health. In this class everyone walks at their own pace. Suitable for ALL fitness levels. Equipment needed: none.

**Walk Wednesday** is a walking class. While walking the trainer will offer brief discussions on health, fitness, and nutritional information. Suitable for ALL fitness levels. Equipment needed: none.

**Zu-Bata** is a HIIT style format that combines Zumba and a strength Tabata by alternating the two (Zumba song, then a tabata, so forth and so on). It is a great change and challenge for the body, and it creates opportunity for strength training for those who always try to run from it! Suitable for ALL fitness levels. Modifications are available. Equipment needed: mats and weights.

**Zumba & Zumba Gold** is a fitness program inspired by various rhythms and dancing styles. The routines feature aerobic/fitness interval training with a combination of dance moves and exercises that tone and sculpt the body. Some popular genres in my class are reggaeton, pop, hip-hop, salsa, merengue and more! Suitable for ALL fitness levels as modifications are available. Equipment needed: none.

**Yogalates** is Pilates and yoga combine. This class will help to create strength, stability, & support for the spine & the whole body by syncing breath and movement in this flow-based class. Find energy, strength, & flexibility while staying kind & gentle to yourself. Suitable for ALL fitness levels. Equipment needed: stretch band & pillow (if needed)

**Yoga/Gentle Stretching for Body & Mind/Yoga for All** this yoga class is a gentle class focusing on flowing from pose to pose and linking the movement with the breath. All levels are welcome. Suitable for ALL fitness levels. Equipment needed: stretch band and pillow (if needed)

**YMCA Davis Screenings** is sponsored by the Mercy Health Foundation and Stepping Out. Free screenings will be offered once a month at the YMCA Davis located in Boardman Ohio. Screenings offered will include Blood Pressures, BMI, Body fat, Blood Glucose and Carbon Monoxide screenings.



(Use the barcode to upload the Stepping Out Program calendar or call Doris Bullock, Stepping Out Program Supervisor

(C) 330-720-3293, (O) 330-480-8659 Email: [dibullock@mercy.com](mailto:dibullock@mercy.com))

(<https://www.mercy.com/-/media/mercy/youngstown/stepping-out-calendar>)