

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

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



Mondays	Start Time	Instructor	Location
Chairs Aerobics	10:00 AM	Faith Wallace	https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUdxdlWJCczBzOXI0QT09
Senior Aerobics	10:00 AM	Margo Senek	Fitness 330
Chair Aerobics	10:00 AM	Debbie Francis	Niles Wellness Center
Walking to a healthier YOU	10:30 AM	Nakiya Salter	Wick Park (Questions about walking call Nakiya 330-314-2021)
Chair Yoga	11:00 AM	Erin Lonsway	Yellow Brick Place
Chair Aerobics 12/2 Only	11:00 AM	Toscha Gentry	Glenwood Fresh Market
Walk with The Doc 12/30 Only	12:00 PM	Dr. Weiss	Boardman Davis YMCA Topic: Coping Skills around the Holidays
Chair Volleyball	12:00 PM	Nakiya Salter	Heart Reach Neighborhood Ministries
Chair Yogalates	1:00 PM	Doris Bullock	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293
Balance Class 12/2 and 12/16 only	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 (McGuffey Center)
Let's Dance- 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)
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	TriYOUunity
Kids Fitness class starts	6:00 PM	Various	TriYOUunity
Hip Hop	6:00 PM	Doreen Block	Associate Neighborhood Centre (McGuffey Center)
Adv Urban Ballroom Dancing	6:30 PM	Jim Locker	Greater Mill Creek Community Center
Line Dance	7:00 PM	Kissa Graham	Grace AME
Tuesdays	Start Time	Instructor	Location
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 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
Pilates	4:00 PM	Doris Bullock	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293
Yogalates (Yoga & Pilates)	4:30 PM	Colleen Dunn	https://us04web.zoom.us/j/7576882271?pwd=Z1NYZC9NSzIHTnlNTXdlUzVUMUwzZz09
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	Candys Mayo	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	www.facebook.com/steppingoutyoungstown
Yoga	6:30 PM	Brianne Howard	Honeycomb Arts & Wellness
Wednesdays	Start Time	Instructor	Location
Senior Aerobics	10:00 AM	Margo Senek	Fitness 330
Chair Aerobics	10:00 AM	Faith Wallace	https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUdxdlWJCczBzOXI0QT09
Chair Aerobics	10:00 AM	Debbie Francis	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 12/4 only	11:00 AM	Toscha Gentry	Glenwood Fresh Market
Chair Volleyball	1:00 PM	Toscha Gentry	Hubbard Scope
Chair Aerobics	1:30 PM	Nakiya Salter	Villa Maria
Guided Meditation 12/4 only	2:00 PM	Jessica Romeo	Honeycomb Arts & Wellness Collective or www.facebook.com/steppingoutyoungstown
Bold Beginners Line Dance	3:00 PM	Lynn McElory	Greater Mill Creek Community Center
Hustle & Glow	5:00 PM	Candys Mayo	Greater Mill Creek Community Center
Chair Yoga	6:00 PM	Jeanette Cole	EJ Blott Elementary School
Yoga For All	6:00 PM	Marioga LLC	TriYOUunity
Kids Fitness Class starts	6:00 PM	Various	TriYOUunity
Zumba	6:00 PM	Doreen Block	Associate Neighborhood Centre (McGuffey 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)
<https://www.mercy.com/-/media/mercy/youngstown/stepping-out-calendar>)

***For Zoom Class ID & PW see pg. 3

Turn over →

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

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



Thursdays	Start Time	Instructor	Location
Fitness Walking Class	9:00 AM	Toscha Gentry	CLWCC (Lowellville, OH)
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)
Walk with the Doc (YSU)	9:45 AM	Travis Manring	Southern Park Mall in Boardman
Chair Volleyball	10:00 AM	Nakiya Salter	Niles Wellness Center
Walking/Chair Volleyball & Aerobics	11:00 AM	Faith Wallace	Eugenia Atkinson
Chair Aerobics & Chair Volleyball	11:30 AM	Sonja Lynn	St. Angela Merici
Chair Volleyball	12:00 PM	Nakiya Salter	Heart Reach Neighborhood Ministries
Chair Volleyball	1:30 PM	Nakiya Salter	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
Urban Ballroom Dancing	5:00 PM	Jim Locker	Eugenia Atkinson Recreation Center
Zu-Bata	5:00 PM	Kelley Frazier	Greater Mill Creek Community Center
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	https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUdxZWJkZzBzOXI0QT09
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	TriYOUnity
Cooking Class (12/13 only)	1:00 PM	Jessica Romeo	Youngstown Public Library-Main (Seats limited Must Pre-Register with Library)
Chair Volleyball (12/13 only)	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	www.facebook.com/steppingoutyoungstown
First Friday Line Dance 12/6 Only	6:00 PM	Selina Cotton	Penguin City Brewery-Downtown 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)
Zumba	10:00 AM	Tamara Cooper	Warren SCOPE Center https://www.zumba.dance/?locale=en_US
Mindful Hatha Yoga and Meditation	11:00 AM	Maureen Lauer-Gatta	Niles Scope Center bit.ly/MLG-Sat-Yoga
Chair Aerobics	11:00 AM	Doreen Block	Associate Neighborhood Centre (McGuffey Center)
Line Dancing	1:00 PM	Anthony Woodberry	Mercy Health Community Outreach BLG 2nd Floor 932 Belmont Ave,

Locations

Associated Neighborhood Centers (McGuffey Centre) 1649 Jacobs Rd. Youngstown, OH 44505	234-241-1600
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
Heritage Apartments, 600 Granada Ave, Youngstown, OH 44505	330-744-3383
Honeycomb Arts & Wellness Collective, 1931 Belmont Ave, Youngstown, OH 44504	
(JCC) Jewish Community Center of Youngstown, 505 Gypsy Ln., Youngstown, OH 44504	330-746-3251
Mercy Health Community Outreach BLG 3 rd and 4 th Floor 932 Belmont Ave, Youngstown, Oh 44501	330-720-3293
(LYRIC) Old Liberty High School, 317 Churchill Rd, Youngstown, OH 44505	
MyCap Senior Center 64 Ridge Ave, Youngstown, Oh 44502	330-747-7921
Niles Wellness Center, 213 Sharkey Dr., Niles, OH 44446	330-349-9355



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

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

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



Locations

Niles Scope, 14 East State St., Niles, OH 44446	330-544-3676
OCCHA, 3660 Shirley Rd. Youngstown, OH 44505	330-781-1808
Octave Event Center, 34 Phelps St, Youngstown, OH, 44503	234-232-7107
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
Yellow Brick 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:

Last Day for 2024 Stepping Out classes is Saturday, December 14, 2024

Classes will Resume Thursday, January 2, 2025

New Class: Hands on Cooking Class at the Public Library of Youngstown with Jessica Romeo MHHS, RDN, LD, Friday, December 13, 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 (18 and over).
No class: Line Dance with Anthony on Saturday December 7, 2024.

****All Stepping Out Classes will conclude for the year. The final date for our classes is December 14, 2024

*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

Ava Lilley-Degross: Meeting ID: 263 079 4644	Passcode: GFIT
Bethanie Meredith: Meeting ID: 871 4111 7511	Passcode: Mark1230
Doreen Block: https://www.facebook.com/profile.php?id=12445840	
Faith Wallace: Meeting ID: 766 556 3864	Passcode: FAITH
Colleen Dunn: Meeting ID: 757 688 2271	Passcode: 2GjW77
Dr. Sherri Woods: Meeting ID: 933 4195 7753	Passcode: miboso
Jessica Romeo: https://www.facebook.com/profile.php?id=12445840	
Maureen Lauer-Gatta: Saturday: bit.ly/MLG-Sat-Yoga	

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.

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.

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.

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.

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.



(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)

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

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

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



CLASS DESCRIPTIONS

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.**

Kids Fitness This class is a fun and exciting way to get kids active and moving. It will host a variety of classes including yoga, Zumba, Steppers, Line dancing and strength training. Kids fitness promotes regular physical activity that can help children improve their cardiorespiratory fitness, build strong bones and muscles, control weight, and reduce the risk of developing health conditions such as heart disease and diabetes.

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.**

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)**



(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)

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