

# Stepping Out (Free Virtual and On-Site Classes) April 2025

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



Mondays	Start Time	Instructor	Location
One on One Coaching (Appointment Only)	8:00-10:00 AM	Stepping Out Team	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293
Chairs Aerobics	10:00 AM	Faith Wallace	<a href="https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRRTUdxWJCCzBzQXI0QT09">https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRRTUdxWJCCzBzQXI0QT09</a>
<b>Blood Pressure Screenings 4/21 Only</b>	10:00 AM	Doris Bullock	Niles Senior Center (Scope) 14 E. State St. Se Niles, OH 44446
Walk with The Doc Screenings 4/28 Only	10:00 AM	Stepping Out Team	Boardman Davis YMCA
Chair Aerobics 4/7 & 4/21 Only	11:00 AM	Toscha Gentry	Glenwood Fresh Market
Walk with The Doc 4/28 Only	12:00 PM	Dr. Weiss	Boardman Davis YMCA <b>Topic:</b>
Chair Volleyball	12:00 PM	Nakiya Salter	Heart Reach Neighborhood Ministries
<b>Blood Pressure Screenings-Weekly Check-in</b>	12:00 PM	Toscha Gentry	Heart Reach Neighborhood Ministries
<b>Blood Pressure Screenings 4/7 Only</b>	12:00 PM	Faith Wallace	AARP Canfield United Methodist Church 27 S Broad St. Canfield, OH 44406
<b>Blood Pressure Screenings 4/21 Only</b>	1:00 PM	Faith Wallace	North Manor 1400 Springdale Ave. Youngstown, OH 44505
Chair Yopalates (Mercy Health or Zoom)	1:00 PM	Doris Bullock	Mercy Health <a href="https://bsmh.zoom.us/j/92158155611?pwd=j14OYHllzWxBSLdMFPxAKb7c2Z94lz.1">https://bsmh.zoom.us/j/92158155611?pwd=j14OYHllzWxBSLdMFPxAKb7c2Z94lz.1</a>
<b>Blood Pressure Screenings 4/14 Only</b>	1:00 PM	Faith Wallace	Lowellville 810 W Wood St. Lowellville, OH 44436
<b>Blood Pressure Screenings-Weekly Check-in</b>	1:30 PM	Nakiya Salter	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor)
Fitness Class 4/7 Only	2:30 PM	Stepping Out Team	Villa Maria
Balance Class 4/14 and 4/28 Only	2:30 PM	Nakiya Salter	Villa Maria
Balance Assessment	2:30 PM	Stepping Out Team	Villa Maria
<b>Blood Pressure Screenings-Weekly Check-in</b>	3:00 PM	Stepping Out Team	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor)
One on One Coaching (Appointment Only)	3:00-4:30 PM	Stepping Out Team	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293
Yoga	5:00 PM	Doris/Toscha	CLWCC (Lowellville, OH)
Tuesdays	Start Time	Instructor	Location
One on One Coaching (Appointment Only)	8:00-10:00 AM	Stepping Out Team	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293
<b>Blood Pressure Screenings 4/8 Only</b>	9:30 AM	Faith Wallace	AHEPA 44 Boardman Blvd. Boardman, OH 44512
<b>Blood Pressure Screenings 4/15 Only</b>	9:30 AM	Faith Wallace	Park Visa 1216 5 <sup>th</sup> Ave. Youngstown, OH 44504
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
Chair Aerobics 4/1 Only	10:30 AM	Faith Wallace	Heritage Manor
Chair Aerobics	11:45 AM	Toscha Gentry	Austintown Senior Center
Chair Aerobics	11:30 AM	Doris Bullock	St. Angela
Blood Pressure Screenings-Weekly Check-in	11:30 AM	Nakiya Salter	St. Angela
Chair Volleyball	1:00 PM	Nakiya Salter	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor)
Blood Pressure Screenings-Weekly Check-in	1:00 PM	Doris Bullock	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor)
<b>Blood Pressure Screenings 4/15 Only</b>	1:00 PM	Faith Wallace	Sycamore Place; 31 Tremble Ave 31 Tremble Ave, Campbell, OH 44405
<b>Blood Pressure Screenings 4/22 Only</b>	1:00 PM	Faith Wallace	International Towers; 25 Market St. Youngstown, OH 44503
Chair Aerobics/Screenings	1:00 PM	Toscha Gentry	MyCap Senior Center
Coffee Talk	2:00 PM	Nakiya Salter	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor)
Walking for a healthier YOU	2:30 PM	Nakiya Salter	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor)
Weekly Assessment (Blood Pressure, Blood Work & more)	2:30 PM	Stepping Out Team	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor)
<b>Blood Pressure Screenings 4/8 Only</b>	3:30 PM	Nakiya Salter	ANC 1649 Jacobs Rd. Youngstown, OH 44505
Pilates/Yopalates (Mat) (Mercy Health or Zoom)	4:00 PM	Doris Bullock	Mercy Health <a href="https://bsmh.zoom.us/j/92158155611?pwd=j14OYHllzWxBSLdMFPxAKb7c2Z94lz.1">https://bsmh.zoom.us/j/92158155611?pwd=j14OYHllzWxBSLdMFPxAKb7c2Z94lz.1</a>
Wednesdays	Start Time	Instructor	Location
One on One Coaching (Appointment Only)	8:00-10:00 AM	Stepping Out Team	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293
Chair Aerobic	9:30 AM	Toscha Gentry	Mercy Health Community Outreach <a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Chair Chi	10:00 AM	Faith Wallace	<a href="https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRRTUdxWJCCzBzQXI0QT09">https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRRTUdxWJCCzBzQXI0QT09</a>
<b>Blood Pressure Screenings 4/9 Only</b>	10:00 AM	Doris Bullock	Goodwill 2747 Belmont Ave, Youngstown, OH 44505
Chair Aerobics 4/9 and 4/23 Only	11:00 AM	Toscha Gentry	Glenwood Fresh Market
Walk the Valley	12:00 PM	Various	Downtown Youngstown
<b>Blood Pressure Screenings 4/9 Only</b>	12:30 PM	Doris B/Faith W	Warren Scope 375 N. Park Ave, Warren, OH 44483
Chair Volleyball	1:00 PM	Toscha Gentry	Hubbard Scope
Blood Pressure Screenings-Weekly Check-in	1:00 PM	Faith Wallace	Hubbard Scope
Chair Aerobics	1:30 PM	Nakiya Salter	Villa Maria
Guided Meditation 4/9 & 4/23 Only	2:00 PM	Jessica Romeo	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor)
One on One Coaching (Appointment Only)	3:00-4:30 PM	Stepping Out Team	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293
Thursdays	Start Time	Instructor	Location
One on One Coaching (Appointment Only)	8:00-10:00 AM	Stepping Out Team	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293



(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>)

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

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# Stepping Out (Free Virtual and On-Site Classes) April 2025

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 Volleyball	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 4/3 Only	9:45 AM	Travis Manring	Southern Park Mall
Chair Volleyball	10:00 AM	Nakiya Salter	Niles Wellness Center
Walking/Chair Volleyball & Aerobics	11:00 AM	Faith Wallace	Eugenia Atkinson
Chair Aerobics	11:30 AM	Toscha Gentry	St. Angela
Chair Volleyball	12:00 PM	Nakiya Salter	Heart Reach Neighborhood Ministries
Beginning Line Dancing	2:30 PM	Toscha Gentry	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor)
Fitness Walking Class	2:30 PM	Faith Wallace	Eugenia Atkinson
Group Lifestyle Coaching (Registration Required)	3:00-4:30 PM	Stepping Out Team	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293
Fridays	Start Time	Instructor	Location
<b>Blood Pressure Screenings 4/13 Only</b>	9:30 AM	Faith Wallace	Ohio Living (First Presbyterian Church 201 Wick Ave. Youngstown, OH 44503)
Chair Aerobics 4/4 Only	10:00 AM	Faith Wallace	Tandy Apartments 33 Monette St. Campbell, OH 44405
Walking for a healthier YOU	10:30 AM	Nakiya Salter	Wick Park (Questions about walking call Nakiya 330-314-2021)
One on One Coaching (Appointment Only)	11:00 AM	Stepping Out Team	ANC
Blood Pressure Screenings-Weekly Check-in	12:00 PM	Stepping Out Team	ANC
<b>Blood Pressure Screenings 4/25 Only</b>	12:00 PM	Faith Wallace	TriYounity 239 South Main Ave SW Warren OH 44481
Chair Volleyball and more	11:00 AM	Stepping Out Team	ANC
<b>Blood Pressure Screenings 4/18 Only</b>	1:00 PM	Stepping Out Team	Ohio Living (First Presbyterian Church 201 Wick Ave. Youngstown, OH 44503)
Cooking Class 4/25 Only	1:00 PM	Jessica Romeo	Youngstown Public Library-Main (Seats limited Must Pre-Register with Library)
Chair Volleyball 4/25 Only	1:30 PM	Nakiya Salter	Youngstown Public Library – Main (no registration required)
Group Lifestyle Coaching (Registration Required)	3:00-4:30 PM	Stepping Out Team	Mercy Health Community Outreach 4th Floor-(932 Belmont Ave 4th floor) 330-720-3293
Saturday	Start Time	Instructor	Location

## Locations

AHEPA 89 Apartment, 44 Boardman Blvd. Boardman, OH 44512	330-629-8572
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
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
Heart Reach Neighborhood Ministries, 211 Redondo, Youngstown, OH 44503	330-744-2000
Mercy Health Community Outreach BLG 3 <sup>rd</sup> and 4 <sup>th</sup> Floor 932 Belmont Ave, Youngstown, Oh 44501	330-720-3293
MyCap Senior Center 64 Ridge Ave, Youngstown, Oh 44502	330-747-7921
OCCHA 3660 Shirley Rd. Youngstown, OH 44502	330-781-1808
Niles Seniors Center (Scope) 14 14 E. State St. Se Niles, OH 44446	330-574-2888
Niles Wellness Center, 213 Sharkey Dr., Niles, OH 44446	330-349-9355
St. Angela Merici 397 S. Jackson St. Youngstown, OH 44506	330-747-6080
Villa Maria (Sisters of the Humility of Mary) Villa Maria Rd., Villa Maria, PA 16155	724.964.8861
Warren – Trumbull County Public Library, 444 Mahoning Ave NW	330-399-8807
Wick Park, 260 Park Ave., Youngstown, OH 44504	
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:

**New Class:** Hands on Cooking Class at the Public Library of Youngstown with Jessica Romeo MHHS, RDN, LD, Friday, April 25, 2025, 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 April 25 (18 and over).

**No Class:** At St. Angela Merici on April 10, 15, 17, 22 and 24.

**No Class: On Good Friday,** April 18

**No Class:** On April 25 at ANC

**\*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.**



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

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## No Classes on Federal Holidays:

May 26, 2025  
June 19, 2025  
July 4, 2025  
September 1, 2025  
October 13, 2025  
November 11, 2025  
November 27, 2025  
December 13, 2025, until January 5, 2026

## Zoom Passwords

Faith Wallace: Meeting ID: 766 556 3864 Passcode: FAITH  
Doris Bullock: Meeting ID: 921 5815 5611 Passcode: doris  
Jessica Romeo, Doris Bullock & Toscha Gentry: <https://www.facebook.com/profile.php?id=12445840>  
Doris Bullock: <https://facebook.com/SteppingOutYoungstown>  
Toscha Gentry: <https://facebook.com/SteppingOutYoungstown>

## CLASS DESCRIPTIONS

**Beginners Strength Training Circuit** involves various exercises which includes endurance training, resistance training, and aerobics. Suitable for all level. Equipment will be provided.

**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** 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.

**Coffee Talk** join us for an informal conversation among friends. We will discuss and learn various topics over a good cup of free coffee, tea, or water.

**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.

**Kettlebell** this class will include strength, cardiovascular endurance, range of motion and flexibility by performing dynamic, kettlebell body weight, and other unconventional exercises a low-impact exercise that can help you improve your health and burn calories. Suitable for ALL fitness levels. Equipment will be provided.

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

**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.

**One-on-one Coaching** is a personalized development experience designed to help individuals achieve specific personal or fitness goals. Through confidential and focused sessions, the coach works closely with the client to explore their strengths, identify challenges, and create actionable strategies for growth. Suitable for ALL fitness levels. Equipment will be provided.

**Step to the Beat** a low-impact exercise that can help you improve your health and burn calories. Move your body in rhythm with the music, coordinating our steps to match the pulse or beat of the song. Suitable for ALL fitness levels. Equipment will be provided.

**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.

**Yogalates** is Pilates and yoga combine. This class will help to create strength, stability, & support for the spine & the whole body by synchronizing 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** 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 is available at site.



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