

Stepping Out

February 2019



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

<u>Monday</u>	<u>Start Time</u>	<u>End Time</u>	<u>Site</u>	<u>Location</u>
Cardio Strength	12:00 PM	1:00 PM	HRNM	Youngstown
Beginner Line Dancing	4:00 PM	6:00 PM	ANC	Youngstown
Fitness Walk	4:30 PM	5:30 PM	GMCCC	Youngstown
Zumba	4:30 PM	5:30 PM	AME	Warren
Zumba	5:30 PM	6:30 PM	GMCCC	Youngstown
Line Dancing	5:30 PM	7:30 PM	AME	Warren
Aerobic Class	5:00 PM	6:00 PM	GCVC	Youngstown
Line Dancing	6:00 PM	8:00 PM	ANC	Youngstown
Toned Arms, Tight Core	6:30 PM	7:00 PM	GMCCC	Youngstown
Strong30	7:00 PM	7:30 PM	GMCCC	Youngstown
Core Strength Training	7:30 PM	8:30 PM	AME	Warren

<u>Tuesday</u>	<u>Start Time</u>	<u>End Time</u>	<u>Site</u>	<u>Location</u>
Chair-Dance	1:00 PM	2:00 PM	ANC	Youngstown
Line Dancing	5:00 PM	7:00 PM	TFF	Warren
Zumba	5:30 PM	6:30 PM	HRNM	Youngstown
Line Dancing	5:45 PM	7:15 PM	Taft	Youngstown
Line Dancing	6:00 PM	8:00 PM	NWC	Niles
Total Body Tabata	7:15 PM	8:15 PM	EBFC	Youngstown

<u>Wednesdays</u>	<u>Start Time</u>	<u>End Time</u>	<u>Site</u>	<u>Location</u>
Beginners Line Dancing	3:30 PM	5:30 PM	GMCCC	Youngstown
Aerobic Class	5:00 PM	6:00 PM	GCVC	Youngstown
Dance Fusion	5:30 PM	6:30 PM	COC	Campbell
Strong	5:30 PM	6:30 PM	GMCCC	Youngstown
Wind Down	6:30 PM	7:00 PM	GMCCC	Youngstown

<u>Thursdays</u>	<u>Start Time</u>	<u>End Time</u>	<u>Site</u>	<u>Location</u>
Chair Aerobics	11:00 AM	12:00 PM	EARC	Youngstown
Kettle Bell Class	5:30 PM	6:30 PM	TFF	Warren
Line Dancing	5:30 PM	7:00 PM	HRNM	Youngstown
Zumba	5:30 PM	6:30 PM	NWC	Niles
Zumba	5:45 PM	6:45 PM	Taft	Youngstown
Line Dancing	6:00 PM	8:00 PM	TFF	Warren
Line Dancing	6:00 PM	8:00 PM	EBFC	Youngstown
Dance Fusion	7:00 PM	8:00 PM	EARC	Youngstown

<u>Friday</u>	<u>Start Time</u>	<u>End Time</u>	<u>Site</u>	<u>Location</u>
Zumba	5:30 PM	6:30 PM	OCCHA	Youngstown
Toned Arms, Tight Core	6:30 PM	7:00 PM	OCCHA	Youngstown
Strong30	7:00 PM	7:30 PM	OCCHA	Youngstown

<u>Saturday</u>	<u>Start Time</u>	<u>End Time</u>	<u>Site</u>	<u>Location</u>
Zumba	7:00 AM	8:00 AM	EBFC	Youngstown
Core Strength Training	9:00 AM	10:00 AM	TFF	Warren

Turn over 

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Health Screenings (Only)

Feb 5, 12:30 pm - 2:30 pm (ANC)	Feb 14, 11:00 am - 12:00 pm (EARC)
Feb 5, 6:00 pm - 7:30 pm (NWC)	Feb 14, 5:30 pm - 6:30 pm (NWC)
Feb 6, 5:00 pm - 6:30 pm (GCVC)	Feb 18, 12:00 pm - 1:00 pm (HRNM)
Feb 13, 5:30 pm - 6:30 pm (COC)	Feb 20, 3:30 pm - 5:30 pm (GMCCC)

Health Screenings & Healthy Eating Educational Demonstration

Feb 4, 4:30 pm - 6:30 pm (GMCCC)	Feb 21, 5:45 pm - 6:45 pm (TAFT)
Feb 7, 6:00 pm - 7:30 pm (EBFC)	Feb 25, 5:00 pm - 7:00 pm (ANC)
Feb 11, 4:30 pm - 6:30 pm (AME)	Feb 26, 5:00 pm - 6:30 pm (TFF)
Feb 19, 5:30 pm - 6:30 pm (HRNM)	

Sites and Locations

	<u>Phone Number</u>
(ANC) McGuffey Centre, 1649 Jacobs Rd. Youngstown, OH 44505	330-744-4377
(AME) Focus 2051 Niles Rd. (Temporary Location - Grace AME) Warren, OH 44483	330-394-6270
(COC) City of Campbell, (Roosevelt Park) Sycamore Dr., Campbell, OH 44405	330-755-1451
(EARC) Eugenia Atkinson Recreation Center, 903 Otis St. Youngstown, OH 44510	330-747-3299
(EBF) E.B. Family Life Center, 7 S. Garland Ave, Youngstown, OH 44506	330-746-7190
(GCVC) Grace Community Vision Center, 2214 Mahoning Ave., Youngstown, OH 44509	330-707-4714
(GMCCC) Greater Mill Creek Community Center, 496 Glenwood Ave, Youngstown, OH 44502	330-743-0020
(HRNM) Heart Reach Neighborhood Ministries (UMCC), 211 Redondo, Youngstown, OH 44503	330-744-2000
(NWC) Niles Wellness Center, 213 Sharkey Dr., Niles, OH 44446	330-349-9355
(OCCHA) OCCHA, 3660 Shirley Rd. Youngstown, OH 44505	330-781-1808
(Taft) Taft Elementary School, 730 E. Avondale Ave. Youngstown, OH 44502 (United Way)	330-746-8494
(TFF) Trumbull Family Fitness, 210 High St. NW Warren, OH 44481	330-394-1565

Please Note: No Stepping Out classes on the following days
February 14, 2019: No Line Dancing Class at TFF
February 18, 2019: No Classes at Grace AME (Focus)

For information or scheduling with Nutritional Educator or Personal Trainer call
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