

Stepping Out (Free Virtual and On-Site Classes) August 2023

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



Mondays	Start Time	Instructor	Location
Christ Centered Yoga	8:30 AM	Bethanie Meredith	https://us05web.zoom.us/j/87441435485
Chairs Aerobics	10:00 AM	Faith Wallace	https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUdxdlWJCczBzQXI0QT09
Senior Aerobics	10:00 AM	Margo Senek	Fitness 330
Balance for You	10:00 AM	Toscha Gentry	Heritage Apartments
Stretch & Strength with Weights	10:00 AM	Colleen Dunn	Niles Wellness Center
Walk with The Doc Aug 28 Only	12:00 PM	Dr. Weiss	Boardman Davis YMCA Topic: Plant based Diet
Chair Volleyball	12:00 PM	Nakiya Salter	Heart Reach Neighborhood Ministries
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
Glutes & Gams	5:00 PM	Kelley Frazier	Greater Mill Creek Community Center
Hatha Yoga	5:00 PM	Michelle Best	CLWCC (Lowellville, OH)
Soul Steppin	5:00 PM	Carol Williams	Eugenia Atkinson Recreation Center
Zumba MAX	5:45 PM	Kelley Frazier	Greater Mill Creek Community Center
Yoga For All	6:00 PM	Marioga LLC	TriYOUity
Super Senior Exercise	6:00 PM	Carolyn Spires	https://us04web.zoom.us/j/72919939523?pwd=THlaN0xVRWdPOHhoTDhiR0pHWE9Ndz09
Hip Hop	6:00 PM	Doreen Block	Associate Neighborhood Centre
Adv Urban Ballroom Dancing	6:30 PM	Jim Locker	Greater Mill Creek Community Center
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	1:30 PM	Nakiya Salter	OCCHA
Line Dancing	3:00 PM	Selina Cotton	OCCHA
Walking Class	3:30 PM	Toscha Gentry	Grace AME
Super Senior Exercise	4:00 PM	Carolyn Spires	https://us04web.zoom.us/j/72919939523?pwd=THlaN0xVRWdPOHhoTDhiR0pHWE9Ndz09
Chair Yoga	4:00 PM	Jessica Romeo	Grace AME
Yogalates (Yoga & Pilates)	4:30 PM	Collen Dunn	https://us04web.zoom.us/j/7576882271?pwd=Z1NYZC9NSzIHTnINTXdUczVUMUwzZz09
Line Dancing	5:00 PM	Carol Williams	OCCHA
Zumba Dance & Tone	5:00 PM	Tamara Cooper	Grace AME
Country Line Dance	5:30 PM	Shelia Cornell	Fitness 330
It Feels Good Urban Line Dance	6:00 PM	Kissa Graham	Niles Wellness Center
Kickboxing Plus	6:00 PM	Ava Lilley-Degross	Warren SCOPE Center
Zumba	6:00 PM	Doreen Block	www.facebook.com/steppingoutyoungstown
Urban Ballroom Dancing	6:00 PM	Jim Locker	Greater Mill Creek Community Center
Beginner Line Dancing	6:00 PM	Sonja Lynn	Grace AME
Yoga	6:00 PM	Kelly McKee-Foos	LYRIC (Old Liberty High School)
Wednesdays	Start Time	Instructor	Location
Early Morning Intensity	6:00 AM	Ava Lilley-Degross	https://us02web.zoom.us/j/2630794644?pwd=ZXJvaUZsc3FBQmRoRONDY2puVFBHUT09
Senior Aerobics	10:00 AM	Margo Senek	Fitness 330
Chair Aerobics	10:00 AM	Faith Wallace	https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUdxdlWJCczBzQXI0QT09
Chair Aerobics	10:00 AM	Various	Niles Wellness Center
Line Dancing	11:30 AM	Toscha Gentry	Heritage Apartments
Walk the Valley	12:00 PM	Various	Wean Park (we will meet in the Covelli Centre parking lot)
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)
Hustle & Glow	5:00 PM	Candys Mayo	Greater Mill Creek Community Center
Chair Aerobics	6:00 PM	Doreen Block	www.facebook.com/steppingoutyoungstown
Chair Yoga	6:00 PM	Jeanette Cole	LYRIC (Old Liberty High School)
Yoga For All	6:00 PM	Marioga LLC	TriYOUity
See Page 2 for more classes			See Page 2



(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. 2

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Thursdays	Start Time	Instructor	Location
Walking For a Healthier You	9:30 AM	Nakiya Salter	Niles Wellness Center (Questions about walking: call 330.314.2021)
Balance For You	10:00 AM	Nakiya Salter	Niles Wellness Center
Chair Volleyball	10:30 AM	Nakiya Salter	Niles Wellness Center
Chair Aerobics	11:30 AM	Sonja Lynn	St. Angela Merici
Walking Class	11:30 AM	Nakiya Salter	Wick Park (Questions about walking: call 330.314.2021)
Fitness Walking Class	3:00 PM	Faith Wallace	Greater Mill Creek Community Center
Yogalates	4:00 PM	Kassandra Johnson	Greater Mill Creek Community Center
Toe Tapping	5:00 PM	Carol Williams	Eugenia Atkinson Recreation Center
Guns & Guts	5:00 PM	Kelley Frazier	Greater Mill Creek Community Center
Hatha Yoga	5:00 PM	Michelle Best	Corner House Christian Church
Zumba	5:30 PM	Tamara Cooper	Niles Wellness Center
Kick Butt Kettlebell	5:30 PM	Ava Lilley-Degross	Warren SCOPE Center
Zumba MAX	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=TOQyQzhqaXRrTUdxZWJlCzBzQXl0QT09
Walking Class	11:30 AM	Nakiya Salter	Wick Park (Questions about walking: call 330.314.2021)
Chair Yoga	1:15 PM	Collen Dunn	TriYOUity
Cooking Class (August 25 only)	1:00 PM	Jessica Romeo	Youngstown Public Library-Main (Seats limited Must Pre-Register with Library)
Beginner Line Dancing	3:00 PM	Candys Mayo	Heart Reach Neighborhood Ministries
Line Dancing	4:00 PM	Selina Cotton	Jewish Community Center of Youngstown
Saturdays	Start Time	Instructor	Location
Bodied by Ava Bootcamp	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
Pounds	1:30 PM	Stephanie Cox	TriYOUity

Location

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
Corner House Christian Church 6954 Chestnut-Ridge Ridge, Hubbard, OH 44425	330-534-4665
(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
Fitness 330, 14 Youngstown-Warren Rd. Niles, OH 44446	330-770-6402
(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
Inspiring Minds Youngstown, 2915 Glenwood Ave, Youngstown, OH 44511	234-254-8124
(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	
Niles Wellness Center, 213 Sharkey Dr., Niles, OH 44446	330-349-9355
OCCHA, 3660 Shirley Rd. Youngstown, OH 44505	330-781-1808
St. Angela Merici 397 S. Jackson St. Youngstown, OH 44506	330-747-6080
The Community Spot, 3625 Market St. Youngstown, OH 44507	234-232-7402
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 SCOPE Center, 375 N. Park Ave Warren, OH 44483	330-399-6745
Wick Park, 260 Park Ave, Youngstown, OH 44504	330-747-0237
Youngstown Public Library-Main 305 Wick Ave Youngstown, Oh 44503	330-744-8636



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Class changes:

- New:** Walk with the Doc: the discussion this month "Topic: Plant based Diet." Monday August 28
- New:** Hands on Cooking Class at the Public Library of Youngstown with Jessica Romeo MHHS, RDN, LD, Friday August 25 (seats limited and must pre-register with Library 330-744-8636) followed by a free Zumba Class with Kelley Frazier (Class Open to all 18 and over)
- New:** Volleyball class at OCCHA on Tuesdays at 1:30 PM
- New:** Hip Hop class at ANC with Doreen Block at ANC on Mondays at 6:00 PM
- No Class:** Saturday line dancing classes at The Community Spot with Anthony Woodberry for the month of August (Classes start back in September)
- No Class:** Zumba at GMCCC with Kelley Frazier on Monday August 14 and Thursday August 17
- No Class:** Volleyball with Toscha Gentry at 9:30 at JCC
- No Class:** Chair Aerobics with Toscha Gentry at 11:45 at Austintown Senior Center
- No Class:** Online Chair Aerobics with Faith Wallace on Wednesday August 16
- No Class:** Line Dancing with Toscha Gentry on Wednesday August 16 at Heritage Apartments
- No Class:** Chair Aerobics with Nakiya Salter on Wednesday August 16 at Villa Maria

*Please check out our 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: 874 4143 5485 Passcode: Mark1230
- Carolyn Spires:** Meeting ID: 729 1993 9523 Passcode: carolyn
- 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

CLASS DESCRIPTIONS

Bodied By Ava Bootcamp a type of group exercise/ interval training class that mixes traditional calisthenics and body weight exercises with interval training and strength training. Programs are designed to build strength and fitness through a variety of types of exercise and calisthenics, such as pull-ups, pushups, lunges and crunches, as well as drills and sprints. We will incorporate bursts of intense activity alternated with intervals of lighter activity. This high-energy, sweat-inducing class. Suitable for ALL fitness levels. Equipment is available on site.

Balance For You is training that involves doing exercises that strengthen the muscles that help keep you upright, including your legs and core. This class will consist of exercises that can improve stability and help prevent falls. 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 and 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.

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.

Early Morning Intensity 30 minutes of work. Stepper/bench and weights and risers. HIIT step constant movement in circuits that will burn calories, build and tone muscle.

Fit Fusion Join us in the gymnasium for HIIT style walking with a fusion of weights and isometric exercises. This high energy class incorporates music, fun and friendship without a ton of sweat so you can enjoy class and get back to work.

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

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

Guns and Guts is a class focused on building of muscle strength in the arms and mid-section. Suitable for ALL fitness levels as modifications are available. Equipment needed: exercise mat, dumbbells (whatever size that is appropriate for the fitness level of each participant)



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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.

It Feels Good Urban Line Dancing 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

Kick-Butt Kettlebell Kettlebell class/training uses dynamic moves using whole-body exercises to deliver cardio, strength, and flexibility benefits in a short amount of time and can be beneficial for anyone no matter the level of fitness. Kettlebells come in a range of off-centered weights (5lb-30lb) and a workout includes different movements such as the deadlift, swing, squats, halos and orbits. More advanced movements can be incorporated in time. Suitable for ALL fitness levels. Equipment is available on site

Kickboxing Plus It's a high intensity class, throwing punches and kicks, learning some self-defense moves as well. Will be hitting heavy bags or air punching. Constant movement and laughter. Gloves are needed but not necessary

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.

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

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

Line Dancing/Hustle & Glow 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

Soul Steppin Saturday 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

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.

Toe Tapping 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

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

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

Zumba MAX is a Zumba class with the KFF twist! It is suitable for all fitness levels with modifications as appropriate or necessary. Be ready to sweat and torch calories!!

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

For Fitness Educational Virtual Training (One-on-One), Monthly Health Screening, Healthy Eating Classes

Call for more information

Doris Bullock

330-720-3293

Walk with the Doc

Dr. Lisa Weiss

Boardman Davis YMCA



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