

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

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://us06web.zoom.us/j/87141117511
Chairs Aerobics	10:00 AM	Faith Wallace	https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUdxdlWJCczBzQXI0QT09
Senior Aerobics	10:00 AM	Margo Senek	Fitness 330
Chair Aerobics	10:00 AM	Terri Dean	Niles Wellness Center
Walk with The Doc Jan 22 Only	12:00 PM	Dr. Weiss	Boardman Davis YMCA Topic: "Added Sugar: Hidden in Plain Sight"
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
Walking Class	4:30 PM	Danny Lamar	Packard Park
Zu-Bata	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
Country Line Dance	4:30 PM	Shelia Cornell	Fitness 330
Zu-Bata	5:45 PM	Kelley Frazier	Greater Mill Creek Community Center
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
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 Aerobics & Chair Volleyball	1:00 PM	Nakiya Salter	Mercy Health Community Outreach (Class Starts Jan 16)
Line Dancing	3:00 PM	Selina Cotton	OCCHA
Walking Class	3:30 PM	Toscha Gentry	Grace AME
Chair Volleyball	4:00 PM	Toscha Gentry	Grace AME
Super Senior Exercise	4:00 PM	Carolyn Spires	https://us02web.zoom.us/j/72919939523?pwd=OUo0OGItS0ZQd3FrMIN2YTVNWNWFYQT09
Chair Yoga	4:00 PM	Jessica Romeo	Grace AME
Yogalates (Yoga & Pilates)	4:30 PM	Colleen Dunn	https://us04web.zoom.us/j/7576882271?pwd=Z1NYZC9NSzIHTnINTXdlUzVUMUwzZz09
Line Dancing	5:00 PM	Carol Williams	OCCHA
Zumba Dance & Tone	5:00 PM	Tamara Cooper	Grace AME
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
Beginner Line Dancing	6:00 PM	Sonja Lynn	Grace AME
Wednesdays	Start Time	Instructor	Location
MiBoSo SONrise Stretch	8:00 AM	Sherry Woods	https://zoom.us/j/92429017147?pwd=aGhhL0xURmplQWsyM0VzazgybFdVdz09
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	Suzanne Ort	Niles Wellness Center
Line Dancing	11:30 AM	Toscha Gentry	Heritage Apartments (Monthly class for question please call 330.720.1794)
Walk the Valley	12:00 PM	Various	Wean Park (we will meet in the Covelli Centre parking lot)
Chair Aerobics	1:00 PM	Toscha Gentry	Hubbard Scope
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	EJ Blott Elementary School
Yoga For All	6:00 PM	Marioga LLC	TriYOUity
Zumba	6:00 PM	Doreen Block	Associate Neighborhood Centre
See page 2 for more classes			



(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

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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)
Chair Volleyball	10:00 AM	Nakiya Salter	Niles Wellness Center
Cardio Combo	10:00 AM	Terri Dean	Fitness 330
Walking/Chair Volleyball & Aerobics	11:00 AM	Toscha Gentry	Eugenia Atkinson
Chair Volleyball	11:30 AM	Sonja Lynn	St. Angela Merici
Chair Volleyball	12:00 PM	Nakiya Salter	Heart Reach Neighborhood Ministries
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
Toe Tapping	5:00 PM	Carol Williams	Eugenia Atkinson Recreation Center
Zu-Bata	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
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=TOQyQzhqaXRrTUdxdlWJCzBzQXI0QT09
Chair Yoga	1:15 PM	Collen Dunn	TriYOUity
Cooking Class (Jan 26 only)	1:00 PM	Jessica Romeo	Youngstown Public Library-Main (Seats limited Must Pre-Register with Library)
Chair Volleyball (Jan 26 only)	2:00 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
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 https://us02web.zoom.us/j/82074416850
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
Community Health BLG 3 rd Floor at Mercy Health 1044 Belmont, Yo, OH 44504	3307-720-3292
(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
(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
(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
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 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
Youngstown Public Library-Main 305 Wick Ave Youngstown, Oh 44503	330-744-8636



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Class changes:

New Site: Hubbard Scope: Chair Aerobics Weds at 1pm and Yoga/Chair Yoga 4:30pm Thursday with Michelle Best
New Site: Community Health Building at Mercy Health: Chair Aerobics/Chair Volleyball 1 pm Tuesday starting Tuesday January 16
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: "Added Sugar: Hidden in Plain Sight"** Monday January 22
New: Hands on Cooking Class at the Public Library of Youngstown with Jessica Romeo MHHS, RDN, LD, Friday January 26 (seats limited and must pre-register with Library 330-744-8636) followed by a free Chair Volleyball with Stepping Out Program staff (Class Open to all 18 and over)
Na Classes for Holiday: Monday, January 1, 2024, New Years Day and Monday, January 15, 2024, Martin Luther King Jr. Day.
No Class: Chair Aerobics with Sonja Fields January 2 at St. Angela
No Class: Zumba with Tamara Cooper on January 2 at Grace AME
No Class: Kick Butt Kettlebell with Ava Lilley-Degroos on January 18 at Warren Scope Center
No Class: "It Feels Good Urban Line Dance" with Kissa Graham on January 18 at Warren Scope Center 6:30pm
No Class: "Super Senior" classes with Carolyn Spires until February 6

*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-Degroos: Meeting ID: 263 079 4644	Passcode: GFIT
Bethanie Meredith: Meeting ID: 871 4111 7511	Passcode: Mark1230
Carolyn Spires: Meeting ID: 729 1993 9523	Passcode: blessed
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
Maureen Lauer-Gatta: 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, this class is suitable for all fitness levels - whether you're just starting your fitness journey or are already a regular gym-goer using a combination of plyometrics, resistance training and interval techniques to tone and sculpt your muscles. Equipment is available and provided on site.

Cardio Combo is a 60-minute class combines low impact aerobics with weights and 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 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.

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.

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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 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.

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.

Off the Wall is Pilates and yoga combine. Most of the exercises are done while standing against the wall. This class will help 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)

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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