

Stepping Out (Free Virtual and On-Site Classes) July 2026

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



*Please note: all classes are subject to change. Please check out Facebook "Stepping Out Fitness" page for class changes or call 330.720.3293.

Fitness Classes			
Mondays	Start Time	Instructor	Location
Walking Class	7:15 AM	Nakiya Salter	Sheilds rd. Trailhead-East Golf Hike and Bike Trail, Boardman, OH 44512
Chairs Aerobics	10:00 AM	Faith Wallace	https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUdxZWJkZzZlQXl0QT09
Chair Aerobics 7/13 & 7/27 Only	11:00 AM	Doris Bullock	Glenwood Fresh Market 2915 Glenwood Ave, Youngstown, Ohio 44511
Walk with The Doc 7/27 Only	12:00 PM	Dr. Weiss	Boardman Davis YMCA 45 McClurg Rd, Boardman, OH 44512
Chair Aerobics (MyCap Senior Class)	12:00 PM	Doris Bullock	Mercy Community Health Resource Center 1340 Belmont Suite 2200
Strength & Balance	12:30 PM	Doris Bullock	Mercy Community Health Resource Center 1340 Belmont Suite 2200
Chair Aerobics 7/13 Only	1:00 PM	Faith Wallace	Lowellville Park Apts. 810 W Wood St. Lowellville, OH 44436
Chair Aerobics/Volleyball 7/27 Only	1:00 PM	Faith Wallace	Vasu Manor 137 Roosevelt, Youngstown, OH
Chair Yagalaties	1:00 PM	Doris Bullock	Mercy Community Health Resource (1340 Belmont Suite 2200) Join Zoom Meeting
Chair Aerobics/Balance	2:30 PM	Doris Bullock	Villa Maria (Sisters of the Humility of Mary) Villa Maria Rd., Villa Maria, PA 16155
Bold Beginners Line Dance	3:00 PM	Lynn McElroy	ANC 1649 Jacobs Rd. Youngstown, OH 44505
Yoga	5:00 PM	Michelle Best	CLWCC (Lowellville, OH) 438 OH Highway 616, Lowellville, OH 44436
Zumba	5:30 PM	Jada Carson	Mercy Community Health Resource Center 1340 Belmont Suite 2200
Tuesdays	Start Time	Instructor	Location
Chair Aerobics 7/28 Only	10:30 AM	Faith Wallace	Heritage Manor 517 Gypsy Ln, Youngstown, OH 44504
Chair Aerobics /Volleyball 7/14 Only	11:00 AM	Faith Wallace	AHEPA 44 Boardman Blvd. Boardman, OH 44512
Chair Aerobics	11:30 AM	Doris Bullock	St. Angela 397 S. Jackson St. Youngstown, OH 44506
Chair Aerobics	11:45 AM	Doreen Block	Austintown Senior Center 112 Westchester Dr. Austintown, OH 44515
Chair Aerobics 7/3 Only	1:00 PM	Faith Wallace	Arlington Apts., 753 Park Ave Youngstown, OH 44510
Weekly Assessment (Blood Pressure, Blood Work & more)	2:30 PM	Stepping Out Team	Mercy Community Health Resource Center 1340 Belmont Suite 2200
Group Fitness Training	3:30 PM	Doris Bullock	Mercy Community Health Resource (1340 Belmont Suite 2200
Line Dancing	4:00 PM	Selina Cotton	Mercy Community Health Resource Center 1340 Belmont Suite 2200
Aerobics	6:00 PM	Doreen Block	ANC 1649 Jacobs Rd. Youngstown, OH 44505
Wednesdays	Start Time	Instructor	Location
Walking Class	7:15 AM	Nakiya Salter	Sheilds rd. Trailhead-East Golf Hike and Bike Trail, Boardman, OH 44512
Chair Chi	10:00 AM	Faith Wallace	https://bsmh.zoom.us/j/7665563864?pwd=T0QyQzhqaXRrTUdxZWJkZzZlQXl0QT09
Chair Aerobics 7/15 & 7/29 Only	11:00 AM	Doris Bullock	Glenwood Fresh Market, 2915 Glenwood Ave, Youngstown, OH 44511
Chair Yoga	1:00 PM	Doris Bullock	Public (Eastside) Library 430 Early Rd. Youngstown, OH 44505
Chair Volleyball	1:00 PM	Faith Wallace	Hubbard Scope, 220 W Liberty St., Hubbard, Ohio 44425
Chair Aerobics & Balance 7/8 Only	2:00 PM	Doris Bullock	Northview Apartments 511 North Ave Girard, OH 44420
Chair Aerobics & Yoga 7/16 Only	2:00 PM	Doris Bullock	Waterstone Place Apt. 1380 Arbor Ave SE., Warren, Ohio 44484
Pilates/Yogalates (Mat) (Mercy Health or Zoom)	4:00 PM	Michelle Best	Mercy Community Health Resource 1340 Belmont Suite 2200
Line Dancing	4:00 PM	Selina Cotton	United Returning Citizens 611 Belmont Ave. Youngstown, OH 44502
Aerobics	6:00 PM	Doreen Block	ANC 1649 Jacobs Rd. Youngstown, OH 44505
Thursdays	Start Time	Instructor	Location
Chair Volleyball	9:30 AM	Faith Wallace	CLWCC (Lowellville, OH) 438 OH Highway 616, Lowellville, OH 44436
Chair Aerobics & Yoga 7/9 Only	10:00 AM	Doris Bullock	The Parish of Saint Maron 1555 S Meridian Rd. Youngstown, Ohio 44511
Walking/Chair Volleyball & Aerobics	11:00 AM	Faith Wallace	Eugenia Atkinson Recreation Center, 903 Otis St., Youngstown, OH 44510
Chair Volleyball & Aerobics 7/23 only	11:00 AM	Faith Wallace	Mercy Community Health Resource 1340 Belmont Suite 2200
Chair Aerobics	11:30 AM	Doris Bullock	St. Angela Merici 397 S. Jackson St. Youngstown, OH 44506
Bold Beginners Line Dance	3:00 PM	Lynn McElroy	ANC 1649 Jacobs Rd. Youngstown, OH 44505
Walk the Valley 7/9 & 7/23 Only	5:00 PM	Doris/Nakiya	(Fresh Market) Youngstown Public Library, 305 Wick Avenue Youngstown, OH 44503
Urban Ballroom Dancing	6:00 PM	Jim Locker	Eugenia Atkinson Recreation Center, 903 Otis St., Youngstown, OH 44510
K.Kickit Line Dancing	6:30 PM	Kissa Graham	TriYounity 239 South Main Ave SW Warren OH 44481
Fridays	Start Time	Instructor	Location
Cooking Class 7/31 Only	1:00 PM	Jessica Romeo	Youngstown Public Library, 305 Wick Avenue Youngstown, OH 44503 (Seats limited -Must Pre-Register with Library)
Chair Volleyball 7/31 Only	1:30 PM	Faith Wallace	Youngstown Public Library, 305 Wick Avenue Youngstown, OH 44503 (no registration required)
Zumba	6:00 PM	Doreen Block	www.facebook.com/steppingoutyoungstown
Saturday	Start Time	Instructor	Location
Better Body	9:00 AM	Ava Lilley	TriYounity 239 South Main Ave SW Warren OH 44481
Zumba	10:00 AM	Tamara Cooper	TriYounity 239 South Main Ave SW Warren OH 44481
Chair Volleyball	12:00 PM	Nakiya Salter	Mercy Community Health Resource Center 1340 Belmont Suite 2200
Coffee Talk	1:00 PM	Nakiya Salter	Mercy Community Health Resource Center 1340 Belmont Suite 2200
Strength Train and Balance	2:00 PM	Nakiya Salter	Mercy Community Health Resource Center 1340 Belmont Suite 2200 (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)

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

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Coaching Classes

Mondays	Start Time	Instructor	Location
One on One Coaching (Appointment Only)	8:00-10:00 AM	Stepping Out Team	Mercy Community Health Resource Center 1340 Belmont Suite 2200 (330-720-3293)
Tuesdays	Start Time	Instructor	Location
Group Coaching Class	3:00-4:30 PM	Stepping Out Team	Mercy Community Health Resource Center 1340 Belmont Suite 2200 (330-720-3293)
One on One Coaching (Appointment Only)	5:00-6:00 PM	Stepping Out Team	Mercy Community Health Resource Center 1340 Belmont Suite 2200 (330-720-3293)
Wednesdays	Start Time	Instructor	Location
One on One Coaching (Appointment Only)	8:00-10:00 AM	Stepping Out Team	Mercy Community Health Resource Center 1340 Belmont Suite 2200 (330-720-3293)
One on One Coaching (Appointment Only)	3:00-4:30 PM	Stepping Out Team	Mercy Community Health Resource Center 1340 Belmont Suite 2200 (330-720-3293)
Thursdays	Start Time	Instructor	Location
One on One Coaching (Appointment Only)	8:00-10:00 AM	Stepping Out Team	Mercy Community Health Resource Center 1340 Belmont Suite 2200 (330-720-3293)
One on One Coaching (Appointment Only)	5:00-6:00 PM	Stepping Out Team	Mercy Community Health Resource Center 1340 Belmont Suite 2200 (330-720-3293)
Fridays	Start Time	Instructor	Location
Group Lifestyle Coaching (Registration Required)	10:00-2:30 PM	Stepping Out Team	Mercy Community Health Resource Center 1340 Belmont Suite 2200 (330-720-3293)
Group Lifestyle Coaching (Registration Required)	12:00 PM	Doris Bullock	Public (Eastside) Library 430 Early Rd. Youngstown, OH 44505
Saturdays	Start Time	Instructor	Location
Group Lifestyle Coaching (Registration Required)	11:00 AM	Stepping Out Team	Mercy Community Health Resource Center 1340 Belmont Suite 2200 (330-720-3293)

Screening Sessions

Mondays	Start Time	Instructor	Location
Blood Pressure & Screenings 7/6 Only	12:00 PM	Faith Wallace	AARP Canfield United Methodist Church 27 S Broad St. Canfield, OH 44406
Blood Pressure & Screenings 7/13 Only	1:00 PM	Faith Wallace	Lowellville 810 W Wood St. Lowellville, OH 44436
Blood Pressure & Screenings 7/20 Only	1:00 PM	Faith Wallace	North Manor 1400 Springdale Ave. Youngstown, OH 44505
Walk with The Doc Screenings 7/27 Only	5:00 PM	Nakiya Salter	Boardman Davis YMCA 45 McClurg Rd, Boardman, OH 44512
Tuesdays	Start Time	Instructor	Location
Blood Pressure & Screenings 7/7 Only	11:15 AM	Faith Wallace	St. Angela 397 S. Jackson St. Youngstown, OH 44506
Blood Pressure & Screenings 7/14 Only	11:00 AM	Faith Wallace	AHEPA 44 Boardman Blvd. Boardman, OH 44512
Blood Pressure & Screenings 7/21 Only	1:00 PM	Faith Wallace	Gutknecht Tower Apts. 110 E. Wood St. Youngstown, OH 44503
Blood Pressure & Screenings 7/28 Only	1:00 PM	Faith Wallace	International Towers 25 Market St. Youngstown, OH 44503
Weekly Assessment (Blood Pressure, Blood Work & more)	2:30 PM	Stepping Out Team	Mercy Community Health Resource Center 1340 Belmont Suite 2200 (330-720-3293)
Wednesdays	Start Time	Instructor	Location
Blood Pressure & Screenings 7/8 Only	12:45 PM	Faith Wallace	Hubbard Scope, 220 W Liberty St., Hubbard, Ohio 44425
Blood Pressure & Screenings 7/15 Only	2:00 PM	Doris & Faith	Northview Apartments 511 North Ave Girard, OH 44420
Blood Pressure & Screenings 7/22 Only	3:30 PM	Faith Wallace	United Returning Citizens 611 Belmont Ave. Youngstown, OH 44502
Thursdays	Start Time	Instructor	Location
Blood Pressure & Screenings 7/2 Only	1:00 PM	Faith Wallace	Tandy Apartments 33 Monette St. Campbell, OH 44405
Blood Pressure & Screenings 7/2 Only	6:00 PM	Nakiya Salter	Eugenia Atkinson Recreation Center, 903 Otis St., Youngstown, OH 44510
Blood Pressure & Screenings 7/25 Only	6:00 PM	Nakiya Salter	TriYounity 239 South Main Ave SW Warren OH 44481
Fridays	Start Time	Instructor	Location
Blood Pressure & Screenings 7/24 Only	12:30 PM	Faith Wallace	TriYounity 239 South Main Ave SW Warren OH 44481
Blood Pressure & Screenings 7/31 Only	1:30 PM	Stepping Out Team	Youngstown Public Library, 305 Wick Avenue Youngstown, OH 44503 (no registration required)
Saturdays	Start Time	Instructor	Location
Blood Pressure Screenings-Weekly Check-in	12:00 PM	Stepping Out Team	Mercy Community Health Resource Center 1340 Belmont Suite 2200 (330-720-3293)

Class changes:

New Class: Hands on Cooking Class at the **Public Library** of **Youngstown** & Mahoning County, 305 Wick Avenue Youngstown, OH 44503 with Jessica Romeo MHHS, RDN, LD, Friday, July 31, 2026, 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 Classes: July 3rd or July 4th

No Classes on Federal Holidays:

July 3, 2026, Independence's Day (observed, as July 4th is a Saturday)
 October 12, 2026, Columbus Day
 November 26, 2026, Thanksgiving Day

September 7, 2026, Labor Day
 November 11, 2026, Veterans Day
 December 25, 2026, Christmas Day



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

Faith Wallace: Meeting ID: 766 556 3864 Passcode: FAITH
Doris Bullock: Meeting ID: 703 485 7710 Passcode: doris
Doreen Block: <https://facebook.com/SteppingOutYoungstown>

CLASS DESCRIPTIONS

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 levels.

Chair Volleyball this class is intended to 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.

Cardio Dance is an aerobic workout with a Zumba-ish twist. The class with emphasis on improving your cardio and strengthening muscles. The moves are 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.

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 a safe environment. Suitable for ALL fitness levels. Equipment needed: none.

Group Fitness Training is a 30-minute metabolic workout combining cardio machines, weights, resistance bands and more. This class combines aerobic conditioning, strength and mobility. Suitable for ALL fitness levels. Equipment will be provided.

Kettlebell this class will include strength, cardiovascular endurance, range of motion and flexibility by performing dynamic, kettlebell bodyweight, 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 (Bold Beginners Line Dance, K.Kickit) is a Soul/Urban line dance class. This class is 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.

Mental Release Through Arts & Crafts engaging in arts and crafts can significantly benefit mental health by providing a means of emotional expression, stress reduction, and increased wellbeing. Join us for a therapeutic outlet for releasing emotions, promoting wellbeing.

One-on-one/Group 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 is 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.

Strength & Balance is a functional fitness class that emphasizes controlled movement, muscle activation, and postural alignment. Using light weights, resistance bands, bodyweight exercises, and balance drills, participants work to improve stability, strengthen key muscle groups, and enhance coordination. This class is low-impact and highly effective, making it a perfect fit for beginners, older adults, and individuals recovering from injuries. 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.

Walking for A Healthier You/Walk Wednesday 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.

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 breath. All levels are welcome. Suitable for ALL fitness levels. Equipment is available at site.

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.



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