



Group Exercise Schedule January 2018

Massillon Family YMCA

January 1st - January 31st

131 Tremont Ave SE

Massillon, OH 44646

(330) 837-5116

	MON	TUE	WED	THU	FRI	SAT	SUN
8am	Total Body Fitness Group Exercise Room Christine H 8am - 8:50am	Water Blast Pool Carolyn H 8am - 8:50am	Total Body Fitness Group Exercise Room Christine H 8am - 8:50am	Water Blast Pool Carolyn H 8am - 8:50am	Total Body Fitness Group Exercise Room Christine H 8am - 8:50am		
		Stretch and Flex Group Exercise Room Christine H 8am - 8:50am					
9am	Aqua Fit Pool Scott S 9am - 9:50am	Zumba® Toning Group Exercise Room Christine H 9am - 9:50am	Aqua Fit Pool Scott S 9am - 9:50am	Stretch and Flex Group Exercise Room Christine H 9am - 9:50am	Cycling Gymnasium Danielle S 9am - 10am		
	SilverSneakers® Yoga Group Exercise Room Christine H 9am - 9:50am	WOWW -Work Out With Weight Fitness Center Danielle S 9am - 9:50am	Zumba® Gold Group Exercise Room Christine H 9am - 10am		Aqua Fit Pool Scott S 9am - 9:50am		
					Zumba® Gold Group Exercise Room Christine H 9am - 10am		
10am	SilverSneakers® Classic Group Exercise Room Christine H 10am - 10:50am		SilverSneakers® Classic Group Exercise Room Hollie H 10am - 10:50am				
	Fitness Circuit Gymnasium Danielle S 10am - 10:50am						
11am	Senior Circuit Group Exercise Room Hollie H 11am - 11:50am	SilverSneakers® Classic Group Exercise Room Linda S 11am - 11:50am	Senior Circuit Group Exercise Room Hollie H 11am - 11:50am	SilverSneakers® Classic Group Exercise Room Linda S 11am - 11:50am		Total Body Fitness Group Exercise Room Shannon S 11am - 11:50am	
						Boot Camp Splash Pool Scott S 11am - 11:50am	
12pm	Mild Water Movement Pool Carolyn H 12:15pm - 1:05pm	SilverSneakers® Classic Group Exercise Room Hollie H 12pm - 12:50pm	Mild Water Movement Pool Carolyn H 12:15pm - 1:05pm	SilverSneakers® Classic Group Exercise Room Hollie H 12pm - 12:50pm	Mild Water Movement Pool Carolyn H 12:15pm - 1:05pm		
		SilverSneaker® Splash Pool Carolyn H 12:15pm - 1:05pm		SilverSneaker® Splash Pool Carolyn H 12:15pm - 1:05pm			
1pm		SilverSneakers® Yoga Group Exercise Room Hollie H 1pm - 1:50pm		SilverSneakers® Yoga Group Exercise Room Hollie H 1pm - 1:50pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	MON	TUE	WED	THU	FRI	SAT	SUN
5pm	Bags & Gloves Group Exercise Room Jodi S 5:30pm - 6:20pm	Power Yoga Group Exercise Room Ryan J 5:30pm - 6:20pm	Tabata Group Exercise Room Jaclyn C 5:40pm - 6:30pm	Fitness Circuit Gymnasium Scott L 5:30pm - 6:30pm			
		Boot Camp Splash Pool Scott S 5:30pm - 6:20pm					
6pm	Yoga Group Exercise Room Malynda R 6:30pm - 7:20pm	Mixed Belly Dance & Isolation Group Exercise Room Irene G 6:30pm - 7:20pm		Pool Yoga Pool Doug S 6:30pm - 7:20pm			
		Pool Yoga Pool Doug S 6:30pm - 7:20pm					
7pm	Rock Hard Abs Group Exercise Room John B 7:30pm - 8pm	Advanced Belly Dancing Group Exercise Room Irene G 7:30pm - 8:20pm		Ab Ripper All-Purpose Room John B 7:30pm - 8pm			

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Class Descriptions Massillon Family YMCA

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Ab Ripper - High intensity, low impact, total core stimulation.

Advanced Belly Dancing - Advanced dances, prop techniques including cane and sword work.

Aqua Fit - Medium to high intensity level workout offers a combination of moves in shallow or deep water. Builds your strength and endurance.

Bags & Gloves - Total body workout. Boxing punches, martial arts kicks on punching bag and strengthening exercises. Optional: Bring your own gloves. Limited punching bags available.

Boot Camp Splash - A combination of cardio and aerobic moves using a variety of equipment in and out of the water. Tone and firm your core and legs.

Cycling - Low – High Intensity / No Impact. Designed for beginner to advanced exercisers. Should be at least 60" tall to fit on the bikes properly.

Fitness Circuit - Alternating circuit stations and cardio conditioning. This self paced program will challenge you, burn calories and tone your body.

Mild Water Movement - Low to medium intensity level workout. Increase range of motion, strengthen muscles and improve balance. Helps to alleviate stiffness from arthritis, joint/muscle pain, or MS.

Mixed Belly Dance & Isolation - A class for any level of experience. Teaches small and choreographed routines.

Pool Yoga - Yoga IN the water. Improves core strength, connects mind & body through breathing, and elongates muscles. This yoga variation is an excellent option for triathletes, cyclists, runners, and swimmers to improve athletic performance & release tension.

Power Yoga - A full body yoga experience set to music that is beginner friendly, but will provide a tremendous workout for the advanced yoga. Class moves at a quicker pace through a continuous flow. All levels of experience are welcome.

Rock Hard Abs - Intense ab work on the floor with great toning results.

Senior Circuit - A circuit class specifically designed for active older adults to strengthen any weak muscles, stretch tight areas and build core strength. We will use the chair, bands, and balls for exercises.

SilverSneaker® Splash - Shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. Develop strength, balance, & coordination.

SilverSneakers® Classic - Increase muscular strength, range of movement for daily living skills. Hand held weights, resistance bands, resistance ball, and a chair is used for seated and/or standing support.

SilverSneakers® Yoga - Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

Stretch and Flex - Flexibility, strengthening and relaxation exercises to tone and lengthen the muscles.

Tabata - High-intensity (amount of effort expended) interval training (alternating segments of work and recovery). This class offers a total body workout with different workouts weekly.

Total Body Fitness - A variety of aerobic and strength exercises designed to condition the whole body. Includes light aerobics, sports conditioning and flexibility (unique styles offered by different instructors to achieve the same results).

Water Blast - Workout designed to condition, tone and firm muscles while burning calories by using water resistance.

WOWW -Work Out With Weight - Weighted workout class. Dumbbells, Nautilus and other equipment will be used weekly for a total body workout.

Yoga - Relax, unwind and release stress with yoga poses and stretches to soothing music.

Zumba® Gold - Low impact version of the Latin inspired workout. Easy to follow, Latin inspired, calorie-burning dance fitness party.

Zumba® Toning - Learn how to use lightweight, maracas-like toning sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs.