



MASSILLON FAMILY YMCA

Group Exercise Fitness Class Schedule

MONDAY

- 6:00AM FIT CHIX with Carri (GE)
- 8:30AM TOTAL BODY FITNESS with Thelma (GE)
- 9:30AM AQUAMOTION with Rhonda (P)
- 9:30AM BAGS & GLOVES with Jodi (S) *NEW*
- 11:00AM SilverSneakers CIRCUIT with Thelma (GE)
- 2:00PM TRX BEYOND THE BASICS with Marjorie (S)
- 5:00PM ROPE BASICS with Marjorie (S)
- 6:00PM TRICIRCUIT+ with Marjorie (S)
- 7:15PM ROCK HARD ABS with John (GE)

TUESDAY

- 9:15AM NAUTILUS-FIT with Rhonda (FC)
- 9:40AM SilverSneakers SPLASH with Carolyn (P)
- 11:00AM SilverSneakers CLASSIC with Linda (GE)
- 5:00PM TRX BASICS with Marjorie (S)
- 5:15PM GENTLE YOGA with Keri (GE)
- 5:45PM GUIDED MEDITATION with Keri (GE)
- 7:30PM POWER YOGA with Keri (GE)

WEDNESDAY

- 6:00AM FIT CHIX with Carri (GE)
- 8:30AM TOTAL BODY FITNESS with Jodi (GE)
- 9:30AM AQUAMOTION with Rhonda (P)
- 10:30AM SS BOOM MUSCLE with Thelma (GE)
- 11:15AM SS BALANCE & CHAIR YOGA with Thelma (GE)
- 2:00PM BAGS & ROPES II with Marjorie (S)
- 5:00PM BAG BASICS with Marjorie (S)
- 6:00PM TRICIRCUIT+ with Marjorie (S)
- 6:45PM KETTLEBELLS with Moriah (GE)

THURSDAY

- 9:40AM SilverSneakers SPLASH with Carolyn (P)
- 11:00AM SilverSneakers CLASSIC with Linda (GE)
- 2:00PM BAGS CIRCUIT+ with Marjorie (S)
- 5:30PM BAGS & GLOVES with Jodi (S) *NEW*

FRIDAY

- 8:30AM TOTAL BODY FITNESS with Thelma (GE)
- 9:30AM AQUA BOOTCAMP with Rhonda (P)
- 11:00AM CHAIR TRX with Majorie (S)

SATURDAY

- 8:00AM FUSION CYCLING with Kate (GE)
- 10:15AM FITNESS INTERVALS with Rhonda (GE)



JULY '2022

Class Descriptions on Reverse Side

WHERE TO MEET

FC = Fitness Center
GE = Group Exercise Room
P = Pool
S = The Studio



STUDIO SSR&B



Open Gym Studio Time:

Mondays 7:00a-8:45a, 11:00a - 3:00p
Tuesdays 4:30p - 8:00p
Wednesdays 7:00a-8:45a, 11:00a-3:00p
Thursdays 11:00a - 3:00p
Fridays 7:00a-8:45a, 10:30a-12:00p

TRX - BATTLE ROPES - STAND ALONE BAGS, SPEED BAG, HEAVY BAG

This equipment is available for use during the open gym studio times. A certified instructor is also available to assist/instruct if needed. Located in The Studio above the gymnasium.



131 Tremont Ave SE
Massillon, OH 44646
330-837-5116
WestStarkY.org

BUILDING HOURS:

Mon-Thurs 6a-8:30p
Fri 6a-7p, Sat 7a-2p, Closed Sunday

CHILD WATCH:

Mon-Thurs 8:45a-11a, 5:15p-7:30p
Fri 8:45a-11a, Sat 9a-12p

Class Descriptions

AQUA BOOTCAMP with Rhonda (Pool)

50 min cardio workout with intervals of total body toning and core strength development. This class is perfect for those looking for a great cross-training option or a more intense aqua-fit class.

AQUAMOTION with Rhonda (Pool)

45 min class. Get fit and moving doing "Aerobics" in the pool. Focus on proper form & technique to get the most out of your workout. All levels.

BAG BASICS with Marjorie (The Studio)

50 min class. Learn basic Stand Alone Bag movements and work on form. All levels, able to be modified to participant's abilities (standing or seated).

*Class Limit 8

BAG CIRCUIT+ with Marjorie (The Studio)

50 min class. Circuit focusing on using a variety of Punching Bags. Focusing on speed and/or coordination, students will work with the Stand Alone Bags, Speed Bag & Heavy Bag. All levels. *Class Limit 8

BAG & ROPES II with Marjorie (The Studio)

Rotating weeks of Single Bag, Double Bag, Battle Ropes, and Circuit Workouts (4-week cycle). Matata style interval workout. *Class limit 8

BAGS & GLOVES with Jodi (The Studio)

45 min traditional kickboxing using various punches & kicks, second part of class using bags (gloves are required and will be provided if needed). *NEW*

CHAIR TRX with Marjorie (The Studio)

50 min functional movement workout using foundational movements with TRX straps. Minimal standing, primarily movements utilizing a chair. Emphasis on range-of-motion & breath work. No floor work. *Class Limit 8

FIT CHIX with Carri (Group Exercise Room)

45 min total body workout incorporating cardio, weights, and body strength exercises.

FITNESS INTERVALS with Rhonda (Group Exercise Room)

45 min kettlebell, TRX, battle ropes, variety of circuits for both cardiovascular and resistance mix.

FUSION CYCLING with Kate (Group Exercise Room)

45 min class. Intervals of spin cycling & resistance training for a total burn & tone.

GENTLE YOGA with Keri (Group Exercise Room)

30 min all level various yoga poses and stretching to release the days stress, help promote relaxation & better sleep.

GUIDED MEDITATION with Keri (Group Exercise Room)

30 min meditation utilizing music, creative imagery & breath work to allow your mind & body to de-stress and heal. Feel free to bring a blanket and/or pillow for your comfort.

KETTLEBELLS with Moriah (Group Exercise Room)

45 min unparalleled mix of strength & conditioning focusing on core, leg, and gluteal muscles. This class blends highly effective techniques for improving muscular endurance, total body coordinated movements and cardiovascular conditioning.

MIXED BELLY DANCING with Irene (Group Exercise Room)

1 hr belly dancing class for any level experience. Teaches small & choreographed routines. *NO CLASS JULY ONLY - INSTRUCTOR ON VACATION*

NAUTILUS-FIT with Rhonda (JKR Fitness Center)

1 hr full body resistance training using nautilus machines & other weightlifting equipment. Learn proper form & technique, taught by certified personal trainer. For beginners to advanced.

POWER YOGA with Keri (Group Exercise Room)

45 min all level flowing yoga class with modifications and advanced opportunities.

ROCK HARD ABS with John (Group Exercise Room)

30 min intense ab work on the floor with great toning results.

ROPE BASICS with Marjorie (The Studio)

50 min class. Learn basic Battle Rope movements and work on form. All levels, able to be modified to participant's abilities (standing or seated). *Class Limit 8

SilverSneakers® BALANCE & CHAIR YOGA with Thelma (Group Exercise Room)

40 min class. Starting with balancing exercises and ending with yoga stretches to promote relaxation, core strength & balance. A chair is used for seated exercises and standing support.

SilverSneakers® BOOM MUSCLE with Thelma (Group Exercise Room)

30 min BOOM Muscle incorporates athletic exercises that boot your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

SilverSneakers® CIRCUIT with Thelma (Group Exercise Room)

30 min circuit class specifically designed for active older adults. Low impact standing upper body strength workout with resistance bands, ball and chair for support.

SilverSneakers® CLASSIC with Linda (Group Exercise Room)

45 min class to increase muscular strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support.

SilverSneakers® SPLASH with Carolyn (Pool)

45 min class. Shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.

TOTAL BODY FITNESS with Thelma (Mon & Fri) / Jodi (Wed) (Group Exercise Room)

30-60 min light aerobic, strength, stretching & balance exercises designed to condition the whole body. All fitness levels.

TRICIRCUIT+ with Marjorie (The Studio)

50 min class incorporating TRX / Bags / Battle Ropes / Continuous Circuits / Focused Circuits. Different each week. *Class Limit 8

TRX BASICS with Marjorie (The Studio)

Functional movement workout using foundational movements with TRX suspension straps. This is a systemic approach to enable you to move better and challenge yourself to increase your functional capacity. All levels, able to be modified to participant's abilities (standing or seated). *Class limit 8

TRX BEYOND THE BASICS with Marjorie (The Studio)

Functional movement workout using foundational movements with TRX suspension straps. The "next level". Includes "single handle mode" and, more challenging floor work. All levels. Both standing & floor work. *Class Limit 8

STAY UP TO DATE WITH CLASS CANCELATIONS!

Download the REMIND app then text @groupexme to number 81010