



# TOWPATH TRAIL

## Group Exercise Class Schedule

# June 2022



### MONDAY

- 8:00AM WALK & TONE with Heather (G)
- 8:00AM YOUBUILT 365 with Connie (GE) \*Paid Class
- 9:00AM CARDIO BURN with Terry (GE)
- 9:00AM AQUAMOTION with Heather (P)
- 10:00AM RIPPED with Kristina (GE)
- 11:00AM MAT PILATES with Heather (GE)
- 1:00PM CHAIR YOGA with Beth (GE)
- 5:30PM QUICK CIRCUIT (30 min) with Andrea (GE)
- 6:00PM AQUAMOTION with Karen (P)
- 7:00PM DRUMMING FOR FITNESS with Lorena (GE)

### THURSDAY

- 8:00AM TOTAL BODY FITNESS with Michelle (GE)
- 9:00AM AQUAMOTION with Alaina (P)
- 9:15AM BARRE (30 min) with Heather
- 10:00AM RIPPED with Kristina (GE)
- 10:30AM MOMS & MOVERS with Alaina (Outside)
- 11:00AM Silver Sneakers CLASSIC with Heather (G)
- 12:15PM CHAIR VOLLEYBALL (GE) \*Active Aging\*
- 5:00PM OPEN CIRCUIT with Cameron (GE)
- 6:30PM GENTLE YOGA with Jen (GE)

### TUESDAY

- 8:00AM TOTAL BODY FITNESS with Michelle (GE)
- 9:00AM AQUAMOTION with Heather (P)
- 9:30AM HIIT THE ROPES (30 min) with Kristina (G)
- 10:00AM YOGA with Shirley (GE)
- 11:00AM Silver Sneakers BOOM MUSCLE with Heather (G)
- 12:00PM OLYMPIC LIFTING with Kristina \*Paid Class
- 4:30PM OLYMPIC LIFTING with Kristina \*Paid Class
- 5:30PM OLYMPIC LIFTING with Kristina \*Paid Class

### FRIDAY

- 8:00AM WALK & TONE with Michelle (G)
- 8:00AM YOUBUILT 365 with Connie (GE) \*Paid Class
- 9:00AM CARDIO BURN with Terry (GE)
- 9:00AM AQUA JOGGING with Alaina (P)
- 10:00AM MAT PILATES with Heather (GE)

### WEDNESDAY

- 8:00AM WALK & TONE with Michelle (G)
- 8:00AM YOUBUILT 365 with Connie (GE) \*Paid Class
- 9:00AM CYCLING with Mike (GE)
- 9:00AM TRX with Kristina (G)
- 11:00AM CHAIR YOGA with Beth (GE)
- 4:15PM KETTLEBELL 30 with Beth (GE)
- 5:00PM YOGA (Moderate) with Victoria (GE)
- 6:00PM FULL BODY STRENGTH with Lorena (GE)
- 6:00PM AQUAMOTION with Karen (P)
- 7:00PM DRUMMING FOR FITNESS with Lorena (GE)

### SATURDAY

- 9:00AM CYCLING with Mike (GE)
- 10:00AM YOGA with Shirley (GE)
- 11:00AM QIGONG with Shirley (GE)

### CHILD WATCH HOURS

Monday, Wednesday, Thursday:  
8:45am-Noon & 5-7:30pm

Tuesday:

8:45am-Noon & 4:15-7:30pm

Friday, Saturday:

8:45am-noon

\*Ask about  
FREE diapers!

### WHERE TO MEET:

GE = Group Exercise Room  
G = Gymnasium  
P = Pool



Ask about our Personal Training  
and Fitness Orientations!

1226 Market St. NE  
Navarre, OH 44662  
330-879-0800  
WestStarkY.org



See Reverse Side For Class Descriptions

## Class Descriptions

Aquajogging: Deep water jogging class. Great cardio! Pool belts are recommended.

Aquamotion: Water Fitness class using various equipment. Easy on your joints while getting a cardio & strength workout in.

Barre Workout (30 min.) A full body workout great for toning glutes, legs and strengthen core. Barre is low impact and is a great way to strengthen without being too stressful on the body.

Cardio Burn: A variety of cardio and strength that includes high/low conditioning and toning.

Chair Yoga: Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of motion.

Cycling: Indoor cycling using stationary bikes. Instructor guides you through a ride that simulates outdoor cycling while shredding fat and increasing cardiovascular endurance.

Drumming for Fitness: A fun, upbeat class that uses music to design the workout. Use drumsticks to pound out a beat on a "drum" made of an exercise ball!

Full Body Strength: A weight class using dumbbells, barbells and other equipment to help build strength in every major muscle group!

HIIT the Ropes: Uses Battle Ropes - heavy ropes, anchored to the wall. Create a series of wave motions for a full body workout.

Kettlebell 30: Half hour kettlebell class is made up of dynamic moves that target strength, balance, and endurance. Multiple muscle groups work simultaneously to create an efficient workout that strengthens the total body.

Mat Pilates: Gentle, yet challenging, non-impact strength and toning.

Moms & Movers: Bring your little one, 6wks-4yrs, to work out outside! Get to know other moms trying to get back into fitness.

Open Circuit: Supervised circuit time. Use equipment such as ropes, bands, kettlebells and more to get your own workout in! This class is not instructed or structured.

QiGong: Martial arts exercise includes movements suitable for everyone. Increases range of motion and balance while reducing stress.

Quick Circuit: 30 minutes of stations and circuit work. Use all kinds of weights and equipment for a full body workout.

Ripped: High energy barbell class that challenges every muscle group to the max.

SilverSneakers BOOM MUSCLE: Muscle-conditioning blocks and activity-specific intervals to improve cardiovascular health & function.

SilverSneakers Classic: Seated and standing exercises to increase strength, range of motion and activities for daily living.

Tabata Toning: A lightweight and bodyweight workout using the Tabata format of timed exercises.

TRX: Suspension training system that utilizes full core strength to engage every muscle in the body.

Walk & Tone: Walking paired with strength exercises using weights and bands to tone your whole body. Class may walk outside - weather dependent.

Yoga: Increase flexibility, mobility, balance and body awareness while reducing stress.