

FITNESS CLASSES

MARCH 2024

TOWPATH TRAIL YMCA • 330-879-0800 • WestStarkY.org



MONDAY

- 8:00AM WALK & TONE with Heather (G)
- 9:00AM TOTAL BODY FITNESS 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 Jen (G)
- 2:00PM STANDING STRENGTH & BALANCE with Jen (GE)
- 5:00PM KETTLEBELL BALANCE & CORE (30 min) with Beth (GE)
- 6:00PM **AQUAMOTION with Lucy (P)**
- 6:15PM TOTAL BODY BURN (40 min) with Brittany (GE)

TUESDAY

- 8:00AM TOTAL BODY FITNESS with Michelle (GE)
- 9:00AM **AQUAMOTION with Heather (P)**
- 9:00AM YOGA with Shirley (GE)
- 9:30AM HIIT THE ROPES (30 min) with Kristina (G)
- 10:00AM QIGONG with Shirley (GE)
- 11:00AM SilverSneakers BOOM MUSCLE with Heather (G)
- 5:15PM PEACEFUL YOGA FLOW with Christina (GE)

WEDNESDAY

- 6:45AM WEEKLY WAKE-UP with Jen (GE)
- 8:00AM WALK & TONE with Michelle (G)
- 9:00AM CYCLING with Mike (GE)
- 9:00AM TRX with Kristina (G)
- 10:00AM DRUMMING FOR FITNESS with Heather (G)
- 10:15AM BETTER BALANCE (30 min) with Beth (GE)
- 11:00AM CHAIR YOGA with Jen (G)
- 5:45PM TOTAL BODY FITNESS with Lorena (GE)
- 6:00PM **AQUAMOTION with Lucy (P)**
- 6:30PM DRUMMING FOR FITNESS with Lorena (GE)

CLASS LOCATIONS

GE = Group Exercise room

G = Gymnasium
P = Pool

CHILD WATCH

MORNINGS:
Mon-Sat
8:45am-noon

EVENINGS:
Mon-Thur
5-7:30pm

Please note: If there are no children in Child Watch 30 minutes before it closes, the area may close early.

THURSDAY

- 8:00AM TOTAL BODY FITNESS with Michelle (GE)
- 9:00AM **AQUAMOTION with Heather (P)**
- 9:15AM BETTER BALANCE (30 min) with Beth (GE)
- 10:00AM RIPPED with Kristina (GE)
- 11:00AM SilverSneakers CLASSIC with Heather (G)
- 12:15PM CHAIR VOLLEYBALL (GE)
- 5:15PM POWER YOGA with Jen (GE)
- 6:30PM TOTAL BODY BURN (40 min) with Brittany (GE)

FRIDAY

- 8:00AM WALK & TONE with Michelle (G)
- 9:00AM TOTAL BODY FITNESS with Terry (GE)
- 9:00AM **AQUAMOTION with Heather (P)**
- 10:00AM MAT PILATES with Heather (GE)

SATURDAY

- 9:00AM CYCLING with Mike (GE)
- 10:15AM MINDFUL MOVEMENTS YOGA with Sarah (GE)