



HOLIDAY LAND FITNESS

TOWPATH TRAIL YMCA

DECEMBER 18 - DECEMBER 24

MONDAY, DECEMBER 18

- 8:00a Walk & Tone w/Heather (gym)
- 8:00a SPINNING w/Stacey
- 9:00a Aerobic Conditioning w/Terry
- 10:00a RIP with Kristina
- 11:00a Mat Pilates Plus w/Heather
- 12:30p * Zen Break w/Katie
- 4:30p Intro to Energy Pump w/Beth
- 5:30p Tabata w/Robin/Amy
- 5:30p * Fitness Circuit w/Scott (gym)
- 6:30p * Zumba w/Robin

TUESDAY, DECEMBER 19

- 8:00a Poolside Yoga w/Heather
- 9:00a * Accelerated Core w/Stacey (30 min)
- 9:30a HIIT the Ropes w/Kristina (30 min gym)
- 11:00a SilverSneakers® Classic w/Heather
- 4:30p Yoga/Pilates w/Heather
- 5:30p SPINNING w/Robin
- 5:30p * Tri Fit Conditioning w/McKenzie (gym)
- 6:30p Kickbox Fusion w/Robin

WEDNESDAY, DECEMBER 20

- 6:00a * Holy Yoga w/Katie
- 8:00a * Walk & Tone w/Stacey (gym)
- 8:00a * Zumba Gold w/Debbie
- 9:00a SPINNING w/Mike
- 9:00a TRX (\$) w/Kristina (gym)
- 10:00a Cardio Blast w/Kristina
- 11:00a * SilverSneakers® Yoga w/Beth
- 4:30p * HIIT Yoga w/Beth
- 5:30p * Beginner Belly Dancing w/Irene
- 5:30p * Fitness Circuit w/Scott (gym)

THURSDAY, DECEMBER 21

- 8:00a Poolside Yoga w/Heather
- 10:00a RIP w/Kristina
- 11:00a SilverSneakers® Classic w/Heather
- 4:30p Barre Envy w/Heather
- 5:30p Energy Pump w/Robin
- 6:30p SPINNING w/Robin

FRIDAY, DECEMBER 22

- 8:00a Walk & Tone w/Heather (gym)
- 9:00a Aerobic Conditioning w/Terry
- 10:00a Silver Strength & Stretch w/Roy
- 11:00a Mat Pilates Plus w/Heather

SATURDAY, DECEMBER 23

- 9:00a SPINNING w/Mike
- 9:00a * Tri Fit Conditioning w/McKenzie
- 10:00a * Zumba w/Madeline

SUNDAY, DECEMBER 24 Christmas Eve Open 12p-3p

DECEMBER 25 - JANUARY 1

MONDAY, DECEMBER 25 Merry Christmas! Y Closed

TUESDAY, DECEMBER 26

- 8:00a Poolside Yoga w/Heather
- 9:00a * Accelerated Core w/Stacey (30 min)
- 11:00a SilverSneakers® Classic w/Heather
- 4:30p Yoga/Pilates w/Heather
- 5:30p SPINNING with Robin
- 5:30p * Tri Fit Conditioning w/McKenzie (gym)
- 6:30p Kickbox Fusion w/Robin

WEDNESDAY, DECEMBER 27

- 6:00a * Holy Yoga w/Katie
- 8:00a * Walk & Tone w/Stacey (gym)
- 9:00a SPINNING w/Mike
- 9:00a TRX (\$) w/Kristina (gym)
- 10:00a Cardio Blast w/Kristina
- 11:00a * SilverSneakers® Yoga with Beth
- 4:30p * HIIT Yoga w/Beth
- 5:30p * Fitness Circuit w/Scott (gym)

THURSDAY, DECEMBER 28

- 8:00a Poolside Yoga w/Heather
- 10:00a RIP w/Kristina
- 11:00a SilverSneakers® Classic w/Heather
- 4:30p Barre Envy w/Heather
- 5:30p Energy Pump w/Robin
- 6:30p SPINNING w/Robin

FRIDAY, DECEMBER 29

- 8:00a Walk & Tone w/Heather (gym)
- 9:00a Aerobic Conditioning w/Terry
- 10:00a Silver Strength and Stretch w/Roy
- 11:00a Mat Pilates Plus w/Heather

SATURDAY, DECEMBER 30

- 9:00a SPINNING w/Mike
- 9:00a * Tri Fit Conditioning w/McKenzie (gym)

SUNDAY, DECEMBER 31 New Year's Eve Open 12p-3p

MONDAY, JANUARY 1

New Year's Day Open 9a-2p

- 9:00a Aerobic Conditioning w/Terry
- 10:00a RIP w/Kristina
- 11:00a Mat Pilates Plus w/Heather

TOWPATH TRAIL YMCA

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



LEVEL	CLASS	DESCRIPTION
ALL	Fitness Circuit	A variety of stations of cardio, strength, or endurance...you decide the intensity level.
LOW	Active Aging Self Defense	Learn how to physically defend yourself with simple, easy to learn techniques tht do not require great strength to preform.
LOW	Beginner Belly Dancing & Isolation	Slow break down of beginning moves with explanations of hand work and body isolations. Across the room moves are also taught and introduces beginner props.
LOW	SilverSneakers® Yoga	Formally Chair 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.
LOW	Holy Yoga	Christ centered class that incorporates gentle stretching, strength building, and balancing postures that aim to rejuvenate the body, mind, and spirit.
LOW	Mat Pilates Plus	Gentle yet challenging non-impact strength & toning. Uses mat on the floor and/or standing.
LOW	Yoga/Pilates	Increase flexibility, mobility, balance, and body awareness.
LOW	Poolside Yoga	Warm yoga is a series of poses done in maintained (heated room) producing more warmth and flexibility to the body. Be sure to bring water, mat, extra towel and dress comfortably. No bathing suits. For any level.
LOW	SilverSneakers® Classic	Variety of exercises designed to increase muscular strength, range of movement, and activity. Hand weights, elastic bands with handles, and a ball are offered for resistance. Chair used for seated and/or standing support.
LOW	Walk & Tone	Walking and strength exercises using weights and band to tone your whole body.
LOW	Zen Break	Take a breather from your busy Monday and treat yourself to soft music, mindful meditation, and gentle massage in this calming yoga class.
LOW	Zumba Gold	Latin and international dance rhythms for active older adult or beginner dancer.
MED	Accelerated Core	Great for all levels! Get your core fired up in this 30 minutes class that targets the entire core using body weight and various equipment.
MED	Aerobic Conditioning	Different types of aerobic exercises (hi/low and sports conditioning) and toning.
MED	Barre Envy	Non-impact class to strengthen, tone using ballet barre and light props. Yoga, ballet and Pilates.
MED	Energy Pump	This workout challenges all of our major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.
MED	Fit Body	Every class is different! Hi-lo, step, sculpting, Bosu work, partner exercises, and cardio challenges.
MED	TRX (\$)	Suspension training system that utilizes full core strength to engage every muscle in the body.
MED	Tri Fit Circuit	A variety of aerobic and strength exercises designed to condition the whole body in a circuit format. This class is similar to Tri-fit Conditioning but in a circuit format.
MED	Tri Fit Conditioning	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).
MED	Zumba	An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.
HIGH	Cardio Blast	Different workout every time! Kickboxing, step, high/low impact, sports conditioning.
HIGH	HIIT the Ropes	A Battle Rope is a heavy rope anchored to the wall in which you make a series of waves using the whole body with different variations of waves side to side or up and down.
HIGH	HIIT Yoga	High intensity interval training combined with Yoga! A fun and effective way to challenge yourself by fusing the two seemingly different formats together to build strength, endurance, and flexibility.
HIGH	Kickbox Fusion	This addictive workout combines shadow boxing, kickboxing, sports drills, dancing, and yoga.
HIGH	RIP	Pre-choreographed high energy barbell class that challenges every muscle group to the max.
HIGH	SPINNING ®	An effective indoor group exercise class utilizing stationary bikes. Instructor guides a ride simulating outdoor cycling that shreds fat and boosts cardiovascular strength and endurance.
HIGH	Tabata	"High Intensity Interval Training". High intensity refers to the amount of effort expended. Interval training involves alternating segments of work and recovery.
HIGH	TRX Velocity (\$)	Suspension training system to utilize your full core strength and adds bouts of cardio to engage every muscle in your body.