



LAND FITNESS WITH FRIENDS

MARCH 2018 Group Exercise Schedule
TOWPATH TRAIL YMCA

All Land Group Exercise Classes are for ages 13+
* Kid Friendly Classes ages 9-12 with parent supervision

MONDAY

- 8:00am **Walk & Tone** with Heather (gym)
- 8:00am **SPINNING®** with Stacey
- 9:00am **Aerobic Conditioning** with Terry
- 10:00am **Ripped** with Kristina
- 11:00am **Mat Pilates Plus** with Heather
- 12:30pm * **Zen Break** with Katie
- 4:30pm **Intro to Energy Pump** with Beth
- 5:30pm **Tabata** with Robin/Amy
- 5:30pm * **Fitness Circuit** (gym)
- 6:30pm * **Zumba®** with Robin
- 7:30pm * **Evening Yoga** with Shirley

TUESDAY

- 8:00am **Poolside Yoga** with Heather
- 8:00am * **Total Body Fitness** with Michelle
- 9:00am * **Accelerated Core** with Stacey (30 min)
- 9:30am **HIIT the Ropes** with Kristina (30 min)
- 11:00am **SilverSneakers® Classic** with Heather
- 4:30pm **Yoga/Pilates** with Heather
- 5:30pm **SPINNING®** with Robin
- 5:30pm * **Tri Fit Conditioning** with McKenzie (gym)
- 6:30pm **Kickbox Fusion** with Robin

WEDNESDAY

- 6:00am * **Holy Yoga** with Katie
- 8:00am * **Walk & Tone** with Michelle (gym)
- 8:00am **Zumba Gold®** with Debbie
- 9:00am **SPINNING®** with Mike
- 9:00am **TRX® (\$)** with Kristina (gym)
- 10:00am **Cardio Blast** with Kristina
- 11:00am * **SilverSneakers® Yoga** with Beth
- 4:30pm * **Accelerated Core** with Beth (50 min)
- 5:30pm * **Beginner Belly Dancing** with Irene
- 5:30pm * **Fitness Circuit** (gym)
- 6:30pm * **Drumming for Fitness** with Sarah (gym)
- 6:30pm **Mixed Belly Dance & Isolation** w/Irene



THURSDAY

- 8:00am **Poolside Yoga** with Heather
- 8:00am * **Total Body Fitness** with Michelle
- 9:00am **Fit Body** with Amanda
- 10:00am **Ripped** with Kristina
- 11:00am * **Country Heat®** with Stacy *NEW!*
- 11:00am **SilverSneakers® Classic** with Heather
- 4:30pm **Barre Envy** with Heather
- 5:30pm **Energy Pump** with Robin
- 6:30pm **SPINNING®** with Robin

FRIDAY

- 8:00am * **Walk & Tone** with Michelle (gym)
- 9:00am **Aerobic Conditioning** with Terry
- 10:00am **Silver Strength and Stretch** with Roy
- 11:00am **Mat Pilates Plus** with Heather
- 5:30pm * **Drumming for Fitness** with Sarah

SATURDAY

- 9:00am **SPINNING®** with Mike
- 9:00am * **Tri Fit Conditioning** w/McKenzie (gym)
- 10:00am * **Zumba®** with Madeline

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	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	Evening Yoga	Various yoga poses and stretching to release the days stresses and help promote better sleep.
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	Poolside Yoga	Warm yoga is a series of poses done in maintained (heated room) producing more warmth and flexibility to the body.
LOW	SilverSneakers® Classic	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	SilverSneakers® Yoga	Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.
LOW	Silver Strength/Stretch	Strengthen and tone your muscles with weights and more while stretching.
LOW	Walk & Tone	Walking and strength exercises using weights and band to tone your whole body.
LOW	Yoga/Pilates	Increase flexibility, mobility, balance, and body awareness.
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 or 50 minute 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	Country Heat®	High energy, easy to follow, low impact, country dance inspired group fitness class.
LOW	Drumming for Fitness	An upbeat, easy to learn cardio class using drumsticks and a stability ball.
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	Mixed Belly Dance & Isolation	A class for any level of experience. Teaches small and choreographed routines.
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	Kickbox Fusion	This addictive workout combines shadow boxing, kickboxing, sports drills, dancing, and yoga.
HIGH	Ripped	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.