



January Group Exercise
 Massillon Family YMCA
 January 7th - January 31st

131 Tremont Ave SE
 Massillon, OH 44646
 (330) 837-5116

	MON	TUE	WED	THU	FRI	SAT	SUN
8am	AOA Tabata All-Purpose Room Christine H 8am - 8:50am	Water Blast Pool Carolyn H 8am - 8:50am		Water Blast Pool Carolyn H 8am - 8:50am			
		Stretch and Flex Group Exercise Room Christine H 8am - 8:50am					
9am	Aqua Fit Pool Scott S 9am - 9:50am	Zumba® Toning Group Exercise Room Christine H 9am - 9:50am	Aqua Fit Pool Scott S 9am - 9:50am	WOWW -Work Out With Weight Fitness Center Amanda T 9am - 9:50am	Aqua Fit Pool Scott S 9am - 9:50am		
	Stretch and Flex Group Exercise Room Christine H 9am - 9:50am	WOWW -Work Out With Weight Fitness Center Karla F 9:15am - 9:50am	Zumba® Gold Group Exercise Room Christine H 9am - 10am	Stretch and Flex Group Exercise Room Christine H 9am - 9:50am	Zumba® Gold Group Exercise Room Christine H 9am - 10am		
	Cycling Gymnasium Amanda T 9:15am - 10am				TGIF Burn Gymnasium Amanda T 9:10am - 9:50am		
10am	SilverSneakers® Yoga Group Exercise Room Christine H 10am - 10:50am		SilverSneakers® Stability All-Purpose Room Hollie H 10am - 10:50am				
11am	Senior Circuit Group Exercise Room Hollie H 11am - 11:50am	SilverSneakers® Classic Group Exercise Room Linda S 11am - 11:50am	Senior Circuit Group Exercise Room Hollie H 11am - 11:50am	SilverSneakers® Classic Group Exercise Room Linda S 11am - 11:50am		Total Body Fitness Group Exercise Room Shannon S 11am - 11:50am	
						Boot Camp Splash Pool Scott S 11am - 11:50am	
12pm	Mild Water Movement Pool Carolyn H 12:15pm - 1:05pm	SilverSneakers® Classic Group Exercise Room Hollie H 12pm - 12:50pm	Mild Water Movement Pool Carolyn H 12:15pm - 1:05pm	SilverSneakers® Classic Group Exercise Room Hollie H 12pm - 12:50pm	Mild Water Movement Pool Carolyn H 12:15pm - 1:05pm		
		SilverSneaker® Splash Pool Carolyn H 12:15pm - 1:05pm		SilverSneaker® Splash Pool Carolyn H 12:15pm - 1:05pm			
1pm		SilverSneakers® Yoga Group Exercise Room Hollie H 1pm - 1:50pm		SilverSneakers® Yoga Group Exercise Room Hollie H 1pm - 1:50pm			
5pm	Bags & Gloves Group Exercise Room Jodi S 5:30pm - 6:20pm	Kettlebells Dance Studio Moriah S 5:30pm - 6:20pm	Tabata Group Exercise Room Jennifer W 5:30pm - 6:20pm	Fitness Circuit Gymnasium Scott L 5:30pm - 6:30pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	MON	TUE	WED	THU	FRI	SAT	SUN
6pm				Body in Motion Group Exercise Room Beth E 5:45pm - 6:30pm			
	Yoga Group Exercise Room Malynda R 6:30pm - 7:20pm	Mixed Belly Dance & Isolation Group Exercise Room Irene G 6:30pm - 7:20pm		Pool Yoga Pool Doug S 6:30pm - 7:20pm			
7pm		Pool Yoga Pool Doug S 6:30pm - 7:20pm					
	Rock Hard Abs Group Exercise Room John B 7:30pm - 8pm			Ab Ripper Group Exercise Room John B 7:30pm - 8pm			

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Class Descriptions Massillon Family YMCA

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Ab Ripper - High intensity, low impact, total core stimulation.

AOA Tabata - Based on scientific research, this class utilizes interval training for maximum fat & calorie burning. Class is specifically geared toward the active older adult (AOA) or the beginner with simple & modified movements/exercises. All levels welcome.

Aqua Fit - Medium to high intensity level workout offers a combination of moves in shallow or deep water. Builds your strength and endurance.

Bags & Gloves - Total body workout. Boxing punches, martial arts kicks on punching bag and strengthening exercises. Optional: Bring your own gloves. Limited punching bags available.

Body in Motion - Stretch, bend, move and dance class set to a variety of music styles.

Boot Camp Splash - A combination of cardio and aerobic moves using a variety of equipment in and out of the water. Tone and firm your core and legs.

Cycling - Low - High Intensity / No Impact. Designed for beginner to advanced exercisers. Should be at least 60" tall to fit on the bikes properly.

Fitness Circuit - Alternating circuit stations and cardio conditioning. This self paced program will challenge you, burn calories and tone your body.

Kettlebells - Unparalleled mix of strength and conditioning focusing on core, leg and gluteal muscles. The class blends highly effective techniques for improving muscular endurance, total body coordinated movements and cardiovascular conditioning.

Mild Water Movement - Low to medium intensity level workout. Increase range of motion, strengthen muscles and improve balance. Helps to alleviate stiffness from arthritis, joint/muscle pain, or MS.

Mixed Belly Dance & Isolation - A class for any level of experience. Teaches small and choreographed routines.

Pool Yoga - Yoga IN the water. Improves core strength, connects mind & body through breathing, and elongates muscles. This yoga variation is an excellent option for triathletes, cyclists, runners, and swimmers to improve athletic performance & release tension.

Rock Hard Abs - Intense ab work on the floor with great toning results.

Senior Circuit - A circuit class specifically designed for active older adults to strengthen any weak muscles, stretch tight areas and build core strength. We will use the chair, bands, and balls for exercises.

SilverSneaker® Splash - Shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. Develop strength, balance, & coordination.

SilverSneakers® Classic - Increase muscular strength, range of movement for daily living skills. Hand held weights, resistance bands, resistance ball, and a chair is used for seated and/or standing support.

SilverSneakers® Stability - Become stronger & improve balance. Movements to improve strength & power around the ankle, knee and hips, while improving your reaction time. Designed for fall prevention and is suitable for nearly every fitness level. Chairs available for support.

SilverSneakers® 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.

Stretch and Flex - Flexibility, strengthening and relaxation exercises to tone and lengthen the muscles.

Tabata - High-intensity (amount of effort expended) interval training (alternating segments of work and recovery). This class offers a total body workout with different workouts weekly.

TGIF Burn - A 30-40 minute high intensity workout that works all the muscle groups. Ropes, TRX, kettlebells and more are used.

Total Body Fitness - 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).

Water Blast - Workout designed to condition, tone and firm muscles while burning calories by using water resistance.

WOWW -Work Out With Weight - Weighted workout class. Dumbbells, Nautilus and other equipment will be used weekly for a total body workout.

Yoga - Relax, unwind and release stress with yoga poses and stretches to soothing music.

Zumba® Gold - Low impact version of the Latin inspired workout. Easy to follow, Latin inspired, calorie-burning dance fitness party.

Zumba® Toning - Learn how to use lightweight, maracas-like toning sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs.