



Group Exercise Schedule May 2018  
 Massillon Family YMCA  
 May 1st - May 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>8am</b>	<b>Total Body Fitness</b> Group Exercise Room Christine H 8am - 8:50am	<b>Water Blast</b> Pool Carolyn H 8am - 8:50am	<b>Total Body Fitness</b> Group Exercise Room Christine H 8am - 8:50am	<b>Water Blast</b> Pool Carolyn H 8am - 8:50am	<b>Total Body Fitness</b> Group Exercise Room Christine H 8am - 8:50am		
		<b>Stretch and Flex</b> Group Exercise Room Christine H 8am - 8:50am					
<b>9am</b>	<b>Aqua Fit</b> Pool Scott S 9am - 9:50am	<b>Zumba® Toning</b> Group Exercise Room Christine H 9am - 9:50am	<b>Aqua Fit</b> Pool Scott S 9am - 9:50am	<b>Stretch and Flex</b> Group Exercise Room Christine H 9am - 9:50am	<b>Zumba® Gold</b> Group Exercise Room Christine H 9am - 10am		
	<b>SilverSneakers® Yoga</b> Group Exercise Room Christine H 9am - 9:50am	<b>WOWW -Work Out With Weight</b> Fitness Center Danielle S 9:15am - 9:50am	<b>Zumba® Gold</b> Group Exercise Room Christine H 9am - 10am		<b>Suspension Fusion + Stretch &amp; Roll</b> Gymnasium Danielle S 9:10am - 9:50am		
	<b>Tabata</b> All-Purpose Room Danielle S 9:15am - 10am		<b>Cycling</b> Gymnasium Danielle S 9:15am - 10am				
<b>10am</b>	<b>SilverSneakers® Classic</b> Group Exercise Room Christine H 10am - 10:50am		<b>SilverSneakers® Classic</b> Group Exercise Room Hollie H 10am - 10:50am				
<b>11am</b>	<b>Senior Circuit</b> Group Exercise Room Hollie H 11am - 11:50am	<b>SilverSneakers® Classic</b> Group Exercise Room Linda S 11am - 11:50am	<b>Senior Circuit</b> Group Exercise Room Hollie H 11am - 11:50am	<b>SilverSneakers® Classic</b> Group Exercise Room Linda S 11am - 11:50am		<b>Total Body Fitness</b> Group Exercise Room Shannon S 11am - 11:50am	
						<b>Boot Camp Splash</b> Pool Scott S 11am - 11:50am	
<b>12pm</b>	<b>Mild Water Movement</b> Pool Carolyn H 12:15pm - 1:05pm	<b>SilverSneakers® Classic</b> Group Exercise Room Hollie H 12pm - 12:50pm	<b>Mild Water Movement</b> Pool Carolyn H 12:15pm - 1:05pm	<b>SilverSneakers® Classic</b> Group Exercise Room Hollie H 12pm - 12:50pm	<b>Mild Water Movement</b> Pool Carolyn H 12:15pm - 1:05pm		
		<b>SilverSneaker® Splash</b> Pool Carolyn H 12:15pm - 1:05pm		<b>SilverSneaker® Splash</b> Pool Carolyn H 12:15pm - 1:05pm			
<b>1pm</b>		<b>SilverSneakers® Yoga</b> Group Exercise Room Hollie H 1pm - 1:50pm		<b>SilverSneakers® Yoga</b> Group Exercise Room Hollie H 1pm - 1:50pm			
<b>5pm</b>	<b>Bags &amp; Gloves</b> Group Exercise Room Jodi S 5:30pm - 6:20pm	<b>Kettlebells</b> Dance Studio Moriah S 5:30pm - 6:20pm	<b>Tabata</b> Group Exercise Room Jennifer W 5:40pm - 6:30pm	<b>Fitness Circuit</b> 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		<b>Power Yoga</b> Group Exercise Room Ryan J 5:30pm - 6:20pm		<b>Body in Motion</b> Group Exercise Room Beth E 5:45pm - 6:30pm			
	<b>Yoga</b> Group Exercise Room Malynda R 6:30pm - 7:20pm	<b>Mixed Belly Dance &amp; Isolation</b> Group Exercise Room Irene G 6:30pm - 7:20pm		<b>Pool Yoga</b> Pool Doug S 6:30pm - 7:20pm			
7pm		<b>Pool Yoga</b> Pool Doug S 6:30pm - 7:20pm					
	<b>Rock Hard Abs</b> Group Exercise Room John B 7:30pm - 8pm	<b>Advanced Belly Dancing</b> Group Exercise Room Irene G 7:30pm - 8:20pm		<b>Ab Ripper</b> All-Purpose 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.

**Advanced Belly Dancing** - Advanced dances, prop techniques including cane and sword work.

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

**Aqua Fitness** - Aqua class designed to keep you moving with a low impact water exercise.

**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.

**Power Yoga** - A full body yoga experience set to music that is beginner friendly, but will provide a tremendous workout for the advanced yoga. Class moves at a quicker pace through a continuous flow. All levels of experience are welcome.

**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® 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.

**Suspension Fusion + Stretch & Roll** - Focus on the whole body with 30 minutes of suspension training followed by 15 minutes of stretching and foam rolling.

**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.

**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.