



# Group Exercise

## Massillon Family YMCA

June 1st - June 30th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
8am	<b>Total Body Fitness</b> Group Exercise Room Christine H 8am - 8:50am	<b>Yogalates</b> Group Exercise Room Joy P 8am - 8:50am	<b>Total Body Fitness</b> Group Exercise Room Christine H 8am - 8:50am	<b>Yogalates</b> Group Exercise Room Joy P 8am - 8:50am	<b>Total Body Fitness</b> Group Exercise Room Christine H 8am - 8:50am		
9am	<b>Aqua Fit</b> Pool Carolyn H 9am - 9:50am	<b>Zumba® Toning</b> Group Exercise Room Christine H 9am - 9:50am	<b>Aqua Fit</b> Pool Joy P 9am - 9:50am	<b>Cardio Boot Camp</b> Group Exercise Room Jaclyn C 9am - 9:50am	<b>Cycling (\$)</b> Gymnasium Danielle S 9am - 10am		
	<b>SilverSneakers® Yoga</b> Group Exercise Room Christine H 9am - 9:50am	<b>Water Blast</b> Pool Carolyn H 9am - 9:50am	<b>Aqua Fit</b> Pool Carolyn H 9am - 9:50am	<b>Water Blast</b> Pool Carolyn H 9am - 9:50am	<b>Aqua Fit</b> Pool Carolyn H 9am - 9:50am		
		<b>WOWW -Work Out With Weight</b> Fitness Center Danielle S 9am - 9:50am	<b>Zumba® Gold</b> Group Exercise Room Christine H 9am - 10am		<b>Zumba® Gold</b> Group Exercise Room Christine H 9am - 10am		
10am	<b>Heart &amp; Sole Walk/Run</b> Lobby Danielle S 10am - 11am		<b>SilverSneakers® Classic</b> Group Exercise Room Hollie H 10am - 10:50am		<b>SilverSneakers® Classic</b> Group Exercise Room Carolyn H 10am - 10:50am	<b>Vinyasa Yoga</b> Group Exercise Room Ryan J 10am - 10:50am	
	<b>SilverSneakers® Classic</b> Group Exercise Room Christine H 10am - 10:50am						
11am	<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>Mild Water Movement</b> Pool Carolyn H 11am - 11:50am	<b>Total Body Fitness</b> Group Exercise Room Shannon S 11am - 11:50am	
	<b>Mild Water Movement</b> Pool Carolyn H 11am - 11:50am		<b>Mild Water Movement</b> Pool Carolyn H 11am - 11:50am				
12pm		<b>SilverSneaker® Splash</b> Pool Carolyn H 12pm - 12:50pm		<b>SilverSneaker® Splash</b> Pool Carolyn H 12pm - 12:50pm			
		<b>SilverSneakers® Yoga</b> Group Exercise Room Hollie H 12pm - 12:50pm		<b>SilverSneakers® Yoga</b> Group Exercise Room Hollie H 12pm - 12:50pm			
1pm		<b>SilverSneakers® Classic</b> Group Exercise Room Hollie H 1pm - 1:50pm		<b>SilverSneakers® Classic</b> Group Exercise Room Hollie H 1pm - 1:50pm			

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.



# Group Exercise

Massillon Family YMCA  
June 1st - June 30th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
4pm		<b>Decompress / Meditation / Relaxation</b> Group Exercise Room Ryan J 4:45pm - 5:20pm					
5pm	<b>Bags &amp; Gloves</b> Group Exercise Room Jodi S 5:30pm - 6:20pm	<b>Power Yoga</b> Group Exercise Room Ryan J 5:30pm - 6:20pm	<b>Tabata</b> Group Exercise Room Jaclyn C 5:30pm - 6:20pm				
6pm	<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>Body in Motion</b> Group Exercise Room Irene G 6pm - 6:50pm			
		<b>Pool Yoga</b> Pool Doug S 6:30pm - 7:20pm		<b>Pool Yoga</b> Pool Doug S 6:30pm - 7:20pm			
7pm	<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>Mixed Belly Dance &amp; Isolation</b> Group Exercise Room Irene G 7pm - 7:50pm			
				<b>Ab Ripper</b> All-Purpose Room John B 7:30pm - 8pm			

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.

Highlighted classes are low impact or designed for older adults.



# Class Descriptions

## Massillon Family YMCA

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

**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.

**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.

**Cardio Boot Camp** - This class is designed to get your heart pumping and your feet moving. Tabata, HIIT, and other high interval styles will be used. Each weekly class style will be determined by the instructor. Modifications will be given if requested.

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

**Decompress / Meditation / Relaxation** - Designed to help relax the mind and body this group exercise class consists of breathing techniques, total body relaxation, and guided meditation.

**Heart & Sole Walk/Run** - Build up to run a 5K. You will have your own personal plan with walking/running intervals. Class held outside, weather permitting. Rain days will be spent inside training on the treadmill or doing drills in the gym. Spring & Summer class.

**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.

**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).

**Vinyasa Yoga** - Movement-focused yoga, intermediate to advanced pose work. Students will expand their practice and grow in strength, flexibility and balance. All levels are welcome.

**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.

**Yogalates** - Flexibility, strengthening and relaxation exercises to tone and lengthen the muscles.

**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.