



August Group Exercise Schedule 2017
Massillon Family YMCA
 August 1st - August 31st

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

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



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4pm		Decompress / Meditation / Relaxation Group Exercise Room Ryan J 4:45pm - 5:20pm					
5pm	Bags & Gloves Group Exercise Room Jodi S 5:30pm - 6:20pm	Power Yoga Group Exercise Room Ryan J 5:30pm - 6:20pm	Tabata Group Exercise Room Jaclyn C 5:30pm - 6:20pm				
6pm	Yoga Group Exercise Room Malynda R 6:30pm - 7:20pm	Mixed Belly Dance & Isolation Group Exercise Room Irene G 6:30pm - 7:20pm		Body in Motion Group Exercise Room Irene G 6pm - 6:50pm			
		Pool Yoga Pool Doug S 6:30pm - 7:20pm		Pool Yoga Pool Doug S 6:30pm - 7:20pm			
7pm	Rock Hard Abs Group Exercise Room John B 7:30pm - 8pm	Advanced Belly Dancing Group Exercise Room Irene G 7:30pm - 8:20pm		Mixed Belly Dance & Isolation Group Exercise Room Irene G 7pm - 7:50pm			
				Ab Ripper All-Purpose Room John B 7:30pm - 8pm			

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