



# MASSILLON FAMILY YMCA FITNESS CLASSES

## MARCH 2024

### MONDAY

- 8:30AM TOTAL BODY FITNESS with Thelma (GE)
- 9:30AM AQUAMOTION with Rhonda (P)
- 11:00AM SilverSneakers CIRCUIT with Thelma (GE)
- 5:15PM BODY SCULPT with Rhonda (GE)  
March 4, 11, 18
- SPIN & SCULPT with Rhonda (GE)  
March 25
- 6:15PM GENTLE YOGA with Turra (GE)
- 7:10PM ROCK HARD ABS with John (GE)



### WHERE CLASSES MEET

- FC = Fitness Center
- G = Gymnasium
- GE = Group Exercise Room
- P = Pool
- S = The Studio

### TUESDAY

- 9:40AM SilverSneakers SPLASH with Carolyn (P)
- 5:30PM RIP STYX with Rhonda (GE)
- 6:30PM MIXED BELLY DANCING with Irene (GE)  
March 5, 12, 19 & 26
- 7:30PM BEGINNER BELLY DANCING with Irene (GE)  
March 5 & 19
- 7:30PM ADVANCED BELLY DANCING with Irene (GE)  
March 12 & 26

### CHILD WATCH HOURS

#### MORNINGS

- Mon-Fri 8:45am-11am
- Sat 9am-noon

#### EVENINGS

- Mon-Thu 5pm-7:30pm
- (Tues till 8:30pm)

### WEDNESDAY



- 8:30AM TOTAL BODY FITNESS with Jodi (GE)
- 9:30AM AQUAMOTION with Rhonda (P)
- 10:30AM SS BOOM MUSCLE with Thelma (GE)
- 11:15AM SS BALANCE & CHAIR YOGA with Thelma (GE)
- 6:45PM KETTLEBELLS with Moriah (GE)



### BUILDING HOURS

- Mon-Thu 6am-8:30pm
- Fri 6am-7pm
- Sat 7am-2pm
- Sun 11-2pm

### THURSDAY

- 9:40AM SilverSneakers SPLASH with Carolyn (P)
- 10:00AM ONE MORE REP with Rhonda (FC)
- 5:00PM CIRCUIT with Scott (G)



### SATURDAY

- 10:15AM CARDIO CROSS TRAINING with Rhonda (G)

### FRIDAY

- 8:30AM TOTAL BODY FITNESS with Thelma (GE)
- 9:30AM AQUA BOOTCAMP with Rhonda (P)

### After-hours access

West Stark Y members can enroll in Navarre for 24/7 access to the Towpath Trail YMCA Fitness Center.



# Class Descriptions

## **AQUA BOOTCAMP with Rhonda (Pool)**

50 min cardio workout with intervals of total body toning and core strength development. This class is perfect for those looking for a great cross-training option or a more intense aqua-fit class.

## **AQUAMOTION with Rhonda (Pool)**

45 min class. Get fit and moving doing "Aerobics" in the pool. Focus on proper form & technique to get the most out of your workout. All levels.

## **BEGINNER/ADVANCED BELLY DANCING with Irene (Group Exercise Room)**

45 min alternating weeks of beginner and advanced belly dancing techniques.

## **BODY SCULPTING with Rhonda (Group Exercise Room)**

45 min stationary full body muscle building workout with free weights & other equipment.

## **CARDIO CROSS TRAINING with Rhonda (Outside Back of Bldg / Gymnasium)**

45 min cardio & resistance training using stations & timed rounds for full body blast. All levels - go at your own pace.

## **CIRCUIT with Scott (Gym)**

Timed intervals at fitness stations with equipment and body-weight exercises. Self-paced for any kind of workout or training.

## **GENTLE YOGA with Turra (Group Exercise Room)**

For all-levels. A variety of poses and stretches to release the day's stress and promote relaxation.

## **KETTLEBELLS with Moriah (Group Exercise Room)**

45 min unparalleled mix of strength & conditioning focusing on core, leg, and gluteal muscles. This class blends highly effective techniques for improving muscular endurance, total body coordinated movements and cardiovascular conditioning.

## **MIXED BELLY DANCING FITNESS CLASS with Irene (Group Exercise Room)**

50 min belly dancing class for any level experience. Teaches small & choreographed routines.

## **ONE MORE REP with Rhonda (Fitness Center)**

A weighted class using free weights, machines, cardio equipment, everyone is welcome.

## **RIP STYX with Rhonda (Group Exercise Room)**

45 min full-body workout to music. Combines cardio, conditioning and strength using lightly weighted drumsticks.

## **ROCK HARD ABS with John (Group Exercise Room)**

30 min intense ab work on the floor with great toning results.

## **SilverSneakers® BALANCE & CHAIR YOGA with Thelma (Group Exercise Room)**

40 min class. Starting with balancing exercises and ending with yoga stretches to promote relaxation, core strength & balance. A chair is used for seated exercises and standing support.

## **SilverSneakers® BOOM MUSCLE with Thelma (Group Exercise Room)**

30 min BOOM Muscle incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

## **SilverSneakers® CIRCUIT with Thelma (Group Exercise Room)**

30 min circuit class specifically designed for active older adults. Low impact standing upper body strength workout with resistance bands, ball and chair for support.

## **SilverSneakers® SPLASH with Carolyn (Pool)**

45 min class. Shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.

## **TOTAL BODY FITNESS with Thelma (Mon & Fri) / Jodi (Wed) (Group Exercise Room)**

30-60 min light aerobic, strength, stretching & balance exercises designed to condition the whole body. All fitness levels.