



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GROW STRONGER TOGETHER

MARCH 2019

Land & Water Group Exercise Schedule
MASSILLON FAMILY YMCA

MONDAY

- | | | | |
|---------|---|--------|--|
| 5:50am | \$ Fit Chix 40 min. with Carrie (GE) | 5:30pm | Bags & Gloves with Jodi (GE) |
| 8:00am | AOA Tabata with Christine (GE) | 5:45pm | Water Circuit with Susan (P) NEW |
| 9:00am | Aqua Fit with Scott (P) | 6:30pm | Yoga with Malynda (GE) |
| 9:00am | Stretch and Flex with Christine (GE) | 7:30pm | Rock Hard Abs with John (GE) |
| 9:15am | Cardio Cycle with Amanda (G) | | |
| 10:00am | SilverSneakers® Yoga with Christine (GE) | | |
| 11:00am | SilverSneakers® Circuit with Hollie (GE) | | |
| 12:15pm | Mild Water Movement with Carolyn (P) | | |

TUESDAY

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|---------|--|---------|---|
| 8:00am | Water Blast with Carolyn (P) | 12:00pm | SilverSneakers® Classic Hollie (GE) |
| 8:00am | Stretch and Flex with Christine (GE) | 12:15pm | SilverSneakers® Splash Carolyn (P) |
| 9:00am | Zumba® Toning with Christine (GE) | 1:00pm | SilverSneakers® Yoga Hollie (GE) |
| 9:00am | WOWW Work Out With Weights Karla (FC) | 5:30pm | Kettlebells with Moriah (DS) |
| 11:00am | SilverSneakers® Classic Linda (GE) | 6:30pm | Mixed Belly Dance & Isolation Irene (GE) |
| | | 6:30pm | Pool Yoga Doug (P) |

WEDNESDAY

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|---------|---|---------|---|
| 5:50am | \$ Fit Chix 40 min. with Carrie (GE) | 12:15pm | Mild Water Movement with Carolyn (P) |
| 8:00am | Total Body Fitness with Christine (GE) | 5:30pm | Tabata with Jennifer (GE) |
| 9:00am | Aqua Fit with Scott (P) | | |
| 9:00am | Zumba® Gold with Christine (GE) | | |
| 10:00am | SilverSneakers® Stability with Hollie (GE) | | |
| 11:00am | SilverSneakers® Circuit with Hollie (GE) | | |

THURSDAY

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|---------|---|---------|---|
| 8:00am | Water Blast with Carolyn (P) | 12:00pm | SilverSneakers® Classic with Hollie (GE) |
| 9:00am | WOWW-Work Out With Weights w/Amanda (FC) | 12:15pm | SilverSneakers® Splash with Carolyn (P) |
| 9:00am | Stretch and Flex with Christine (GE) | 1:00pm | SilverSneakers® Yoga with Hollie (GE) |
| 11:00am | SilverSneakers® Classic with Linda (GE) | 5:30pm | Fitness Circuit with Scott (G) |
| | | 5:30pm | Functional Fitness with Beth (GE) |
| | | 6:30pm | Pool Yoga with Doug (P) |
| | | 6:30pm | Drumming for Fitness with Sarah (GE) |
| | | 7:30pm | Ab Ripper with John (GE) |

FRIDAY

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|--------|---|---------|---|
| 8:00am | Total Body Fitness with Christine (GE) | 12:15pm | Mild Water Movement with Carolyn (P) |
| 9:00am | Aqua Fit with Scott (P) | | |
| 9:00am | Zumba® Gold with Christine (GE) | | |
| 9:10am | TGIF Burn with Amanda (G) | | |

SATURDAY

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|---------|--|
| 8:00am | Boot Camp Splash with Scott (P) NEW TIME |
| 9:30am | Kettlebell with Moriah (GE) |
| 10:30am | Total Body Fitness with Shannon (GE) |
| 11:00am | Family Yoga with Scott (P) NEW |

MASSILLON FAMILY YMCA

131 Tremont Ave SE, Massillon, OH 44646
330-837-5116 • WestStarkY.org

\$ Fit Chix: Members Free
Non-members Punch Card
(4 punch=\$25 / 8 punch=\$45)

CLASS LOCATION: DS = Dance Studio FC = Fitness Center G = Gymnasium GE = Group Exercise P = Pool

CLASS	DESCRIPTION
AOA Tabata	Interval training for maximum fat and calorie burning. Class is specifically geared toward the active older adult (AOA) or the beginner with simple and modified movements/exercises. All levels welcome.
Ab Ripper	High intensity, low impact, total core stimulation.
Aqua Fit	Medium to high intensity workout. Moves in shallow or deep water. Builds 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.
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.
Cardio Cycle	Low to high intensity. No impact. Designed for beginner to advanced exercisers. Should be at least 60" tall to fit on the bike properly.
Drumming for Fitness	An upbeat, easy to learn cardio class using drumsticks and a stability ball.
Family Yoga	Yoga in the pool as a family. Build poses together that leave you ready to take on the day.
* Fit Chix	\$\$ A different workout each class offering cardio, weight training, body strength work outs, and more.
Fitness Circuit	Alternating circuit stations and cardio conditioning. This self paced program will challenge you, burn calories and tone your body.
Functional Fitness	Train and develop muscles to make it easier and safer to perform everyday activities. Cardio and strength training using a variety of equipment, core stability exercises and stretching.
Kettlebells	Strength and conditioning focusing on core, leg and gluteal muscles. Highly effective techniques for improving muscular endurance, total body coordinated movements and cardiovascular conditioning.
Mild Water Movement	Low to medium intensity. Increase range of motion, strengthen muscles and improve balance. Helps 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	Improves core strength, connects mind and body through breathing, and elongates muscles.
Rock Hard Abs	Intense ab work on the floor with great toning results.
SilverSneakers® Circuit	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.
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® Splash	Shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. Develop strength, balance, and coordination.
SilverSneakers® Stability	Become stronger and improve balance. Movements to improve strength and power around the ankle, knee and hips, while improving our reaction time. Designed for fall prevention and is suitable for nearly every fitness level. Chairs available for support.
SilverSneakers® Yoga	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 (Gentle Yoga Format)	Find energy, strength, and flexibility while resetting your mind & body. Stretching, strength training & meditative breathing. Props are used for support and to melt tension. Floor work. All levels welcome.
TGIF Burn	High intensity that works all muscle groups. Ropes, TRX, kettlebells, and more.
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	Variety of aerobic & strength exercises. Light aerobics, sports conditioning and flexibility.
Water Blast	Workout designed to condition, tone and for muscles while burning calories by using water resistance.
Water Circuit	Intensity of a circuit workout in a non-impact water environment. Must be able to swim several laps.
WOWW	Work Out With Weights. Dumbbells, Nautilus & other equipment will be used 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 workouts. Easy to follow, 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.