



MASSILLON FAMILY

Instructor-Led Fitness Class Schedule

MONDAY

- 8:30-9:30AM TOTAL BODY FITNESS with Jodi (GE)
- 9:00-9:30AM POWER WAVES with Rhonda (P)
- 10:00-10:30AM AQUAMOTION with Rhonda (P)
- 10:00-10:40AM SS BOOM MUSCLE with Thelma (GE)
- 11:00-11:45AM SILVERSNEAKER CLASSIC with Linda (GE)
- 6:00-7:00PM XTREME HIP HOP STEP with Nikki (DS) ***NEW***

January
'2021

WHERE TO MEET:

- FC = Fitness Center
- GE = Group Exercise Room
- DS = Dance Studio
- G = Gymnasium
- P = Pool

TUESDAY

- 9:30-10:20AM FULL BODY STRENGTH with Karla (GE)
- 9:40-10:25AM SilverSneakers SPLASH with Carolyn (P)
- 10:30-11:00AM HIIT THE ROPES with Kristina (G) ***NEW***
LIMITED TO 7 PARTICIPANTS - Get lanyard at Welcome Center
- 11:00-11:45AM SILVERSNEAKER CLASSIC with Linda (GE)
- 6:30-7:20PM MIXED BELLY DANCE with Irene (GE)

WEDNESDAY

- 8:30-9:30AM TOTAL BODY FITNESS with Jodi (GE)
- 9:00-9:30AM POWER WAVES with Rhonda (P)
- 10:00-10:30AM AQUAMOTION with Rhonda (P)
- 11:00-11:30AM SILVERSNEAKER CIRCUIT with Thelma (GE)
- 5:45-6:30PM BAGS & GLOVES with Jodi (DS) ***MOVED***

Virtual Library
on our website
WestStarkY.org

CHILD WATCH HOURS:

- Mon-Thurs 9:00-11:00AM
5:30-7:30PM
- Friday 10AM-12:00PM

THURSDAY

- 9:30-10:10AM CARDIO REMIX with Karla (GE)
- 9:40-10:25AM SilverSneakers SPLASH with Carolyn (P)
- 10:15-11:00AM FITNESS INTERVALS with Rhonda (G) ***NEW***
- 11:00-11:45AM SILVERSNEAKER CLASSIC with Linda (GE)
- 5:45-6:15PM GENTLE YOGA with Keri (GE)
- 6:30-7:20PM VINYASA YOGA with Keri (GE)

FRIDAY

- 8:30-9:30AM TOTAL BODY FITNESS with Jodi (GE)
- 9:00-9:30AM POWER WAVES with Rhonda (P)
- 10:00-10:30AM AQUAMOTION with Rhonda (P)
- 11:00-11:30AM SILVERSNEAKER CIRCUIT with Thelma (GE)

SATURDAY

- 10:00-10:30AM FITNESS INTERVALS
with Rhonda (GE)

Class Descriptions

Aquamotion

30 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.

Bags & Gloves

45 min traditional kickboxing using various punches & kicks, second part of class using bags (GLOVES ARE REQUIRED OR PROVIDED IF NEEDED) all levels.

Cardio Remix

40 min blast of moderate intensity cardio with high energy mix of cardio kickboxing & step aerobics.

Fitness Intervals

30 min kettlebell, TRX, battle ropes, variety of circuits for both cardiovascular and resistance mix.

Full Body Strength

50 min full body workout using dumbbells, kettlebells and bars. Learn the basics of being in the weight room.

Gentle Yoga

30 min all level various yoga poses and stretching to release the days stress, help promote relaxation & better sleep.

HIIT The Ropes

30 min high intensity interval training with battle ropes and bodyweight exercises.

Mixed Belly Dancing

50 min class for any level of experience in belly dancing. Teaches small and choreographed routines.

Power Waves

30 min Total Body Workout using pool dumbbells for upper body, cardiovascular and leg exercises in both deep and shallow water. A floatation belt is used to keep you upright and from touching the pool bottom, very gentle on the joints.

SilverSneakers® BOOM Muscle

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

SilverSneakers® Circuit

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® Classic

45 min class to increase muscular strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support.

SilverSneakers® Splash

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

Total Body Fitness

1 hr light aerobic & strength exercises designed to condition the whole body. All fitness levels.

Vinyasa Yoga

50 min all level flowing yoga class with modifications and advanced opportunities.

Xtreme Hip Hop Step

1 hr combination of Xtreme cardio, the step board, hip hop music & lots of swag with a fresh spin on step.