



TOWPATH TRAIL YMCA

FITNESS CLASS SCHEDULE STARTING JANUARY 3RD

MONDAY

- 8AM WALK & TONE WITH HEATHER (GYM)
- 9AM CARDIO BURN WITH TERRY
AQUAMOTION WITH HEATHER ★
- 10AM RIPPED WITH KRISTINA ★
- 11AM MAT PILATES WITH HEATHER
- 1PM CHAIR YOGA WITH BETH
- 5:15PM CORE WITH ALAINA (40 MIN)
- 6PM AQUAMOTION WITH KAREN

TUESDAY

- 8AM TOTAL BODY FITNESS WITH MICHELLE
- 9AM AQUAMOTION WITH HEATHER (POOL) ★
- 9:30AM HIIT THE ROPES ★
WITH KRISTINA (30 MIN, GYM)
- 11AM SILVERSNEAKERS BOOM™ MUSCLE
WITH HEATHER
- 5:30PM ENERGY PUMP WITH ROBIN

WEDNESDAY

- 8AM WALK & TONE WITH MICHELLE (GYM)
- 9AM CYCLING WITH MIKE
- 10AM TRX WITH KRISTINA (GYM) ★
- 11AM CHAIR YOGA WITH BETH ★
- 5PM YOGA (MODERATE) WITH VICTORIA
- 6PM CIRCUIT IN PLACE WITH LORENA (30 MIN)
AQUAMOTION WITH KAREN (POOL)
- 6:45PM DRUMMING FOR FITNESS WITH LORENA

Child Watch Hours

Mon - Fri @8:45-11AM

Tues & Thurs @5:15-7:30PM

Personal Training available daily by appointment!

Classes marked with a star may have limited space. Classes will be first come first serve. Thank you for understanding. ★

330-879-0800 WestStarkY.org
1226 Market St. NE, Navarre, OH

THURSDAY

- 8AM TOTAL BODY FITNESS WITH MICHELLE
POOLSIDE YOGA WITH HEATHER
- 9AM AQUAMOTION WITH ALAINA (POOL) ★
- 10AM RIPPED WITH KRISTINA ★
- 11AM SILVERSNEAKERS@ CLASSIC
WITH HEATHER (GYM)
- 5:30PM STRONG WITH ROBIN
- 6:30PM BODY WEIGHT WORKOUT WITH BETH

FRIDAY

- 8AM WALK & TONE WITH MICHELLE (GYM)
- 9AM CARDIO BURN WITH TERRY
- 10AM MAT PILATES WITH HEATHER
AQUA JOGGING WITH ALAINA

SATURDAY

- 9AM CYCLING WITH MIKE
- 10AM YOGA WITH SHIRLEY
- 11AM QIGONG WITH SHIRLEY

Free January Fitness Promotions:

1. Mindfulness BINGO - get your card at the front desk!
2. Frequent Fitness Drawing - see instructor for more info & your tickets! \$50 prize!

