

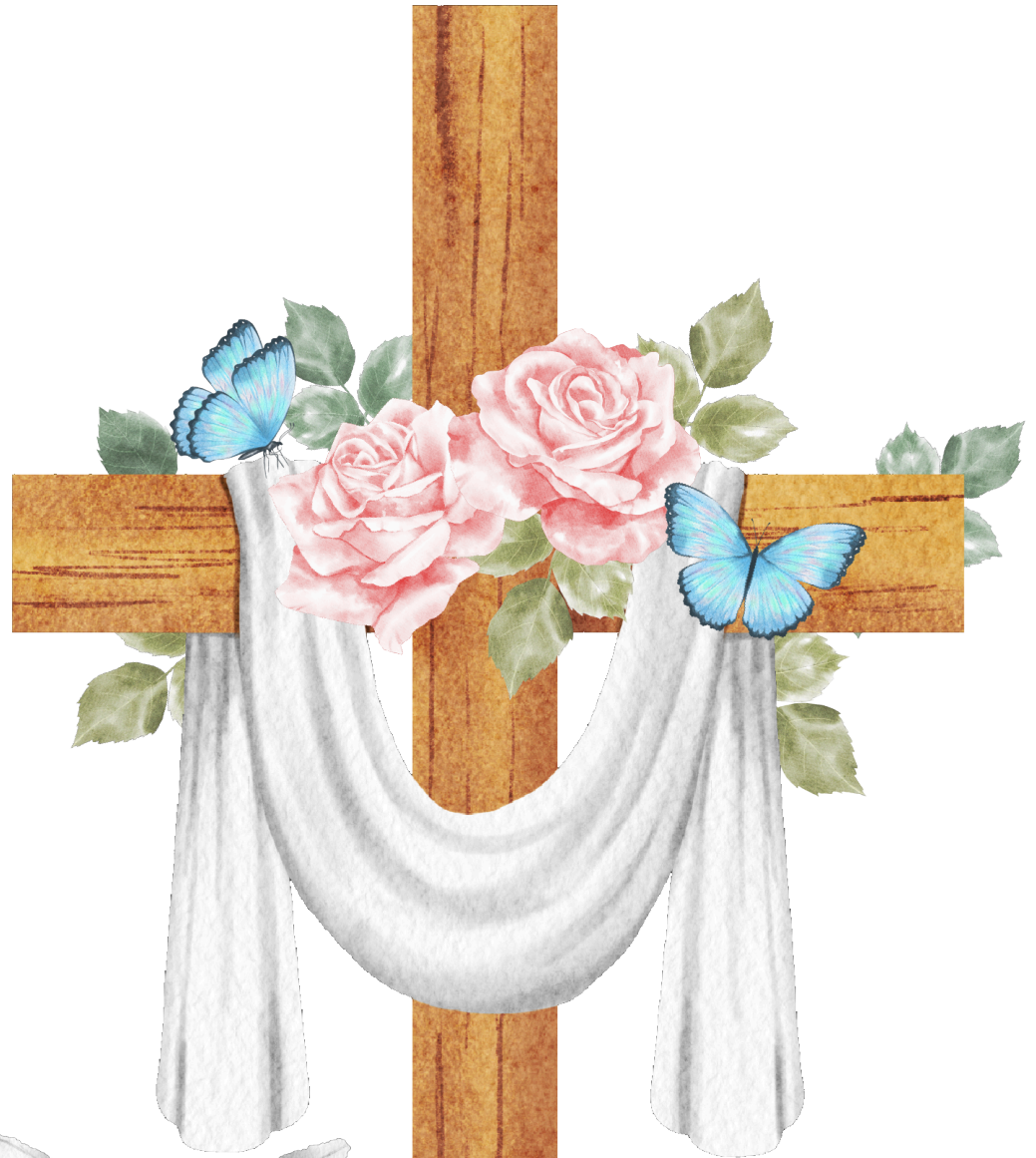


APRIL 2025

YMCA of Western Stark County:
Massillon Family YMCA
Towpath Trail YMCA

NEWSLETTER

and program guide





30 DAYS: SPIRIT, MIND, BODY

15 MINUTES OF MOVEMENT, 10 MINUTES OF BRAIN EXERCISE,
5 MINUTES OF HONORING YOUR SPIRIT - EVERYDAY FOR 30 DAYS

CHALLENGE BEGINS

APRIL 1ST!



Include a variety of movement exercises that include: flexibility, cardio, and strength training.

Some Examples:

- Dance at home
- Walk the dog
- Ride a bike
- Take a group exercise class at the Y
- Swim
- Pray
- Read
- Meditate
- Yoga Poses
- Do a puzzle

More examples on the back.

A prize will be given to everyone who completes the 30 Day Challenge and turns in their sheet.

Name _____

HONOR SYSTEM ACCOUNTABILITY CHART

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
In the box, check off the intentional movement (B), mind (M) and spirit activities (S). Example: 15 minute walk, reading, meditation.		1	2	3	4	5
M B S	M B S	M B S	M B S	M B S	M B S	M B S
6	7	8	9	10	11	12
M B S	M B S	M B S	M B S	M B S	M B S	M B S
13	14	15	16	17	18	19
M B S	M B S	M B S	M B S	M B S	M B S	M B S
20	21	22	23	24	25	26
M B S	M B S	M B S	M B S	M B S	M B S	M B S
27	28	29	30	\$ 5 TO JOIN SUPPORTS ANNUAL CAMPAIGN		
M B S	M B S	M B S	M B S			

CHALLENGE TIME!

SIGN UP AT THE WELCOME CENTER



EGG SPLASH 'N HUNT! AT BOTH LOCATIONS!

Saturday, April 5th

Starts @ 12pm

Open Swim to follow until 2pm

This is not your ordinary Easter Egg Hunt! Dive deep to find your treasures or stay on top for floating eggs making it exciting for swimmers and non-swimmers.

AGES: 1 to 12 Years

FEE: Members \$5 Non-Members \$10 (PER FAMILY)

Children 6 and under must be accompanied by a parent in the water. To swim without a parent or guardian, children must have previously passed the deep water test and obtained a color coded necklace.

REGISTRATION REQUIRED: ONLINE OR AT THE WELCOME CENTER.

Massillon Family YMCA & Towpath Trail YMCA

WELCOME TO APRIL

APRIL

5

SATURDAY

EGG SPLASH 'N' HUNT

Starts at Noon, open swim to follow until 2pm

Massillon Family YMCA and Towpath Trail Pools

\$5 Members / \$10 Non-Members (PER FAMILY)

APRIL

11-13

LIFEGUARD TRAINING

April 11th 4-7 pm , April 12th 7 am-4 pm, April 13th 8 am- 5 pm

Cost: \$215 members, \$235 non-members

Requires online work before in person session

Massillon Family YMCA Pool

APRIL

12

SATURDAY

MASSILLON YMCA GYMNASTICS TEAM

5TH ANNUAL

QUARTER AUCTION

ST. CLEMENT HALL - 216 WOOSTER ST NE, NAVARRE

DOORS OPEN AT 1:00PM AND THE AUCTION STARTS AT 2:00PM

APRIL

25

FRIDAY

HEALTHY KIDS DAY!

5:30pm-8pm

Towpath Trail YMCA

FREE FOR MEMBERS & THE COMMUNITY

Game, Food, Fun!

COMING SOON

MAY

15

THURSDAY

PRESCHOOL GRADUATION

6:30PM

Towpath Trail YMCA Gymnasium

2 YR HSI COMMUNITY CPR/AED/ FIRST AID CLASS

\$45 Members/\$50 Non-Member @ Towpath Trail Y

OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body FOR ALL.

CORE VALUES

Our core values are caring, honesty, respect and responsibility — they guide everything we do.



MASSILLON YMCA GYMNASTICS TEAM

5TH ANNUAL QUARTER AUCTION



ST. CLEMENT HALL - 216 WOOSTER ST NE, NAVARRE

SATURDAY, APRIL 12, 2025

DOORS OPEN AT 1:00PM AND THE AUCTION STARTS AT 2:00PM

OPEN TO THE PUBLIC

\$5 ADMISSION INCLUDES 1 BIDDER PADDLE

ADDITIONAL PADDLES AVAILABLE FOR \$2 EACH (2 PADDLES MAX)

ALL-IN PADDLES AVAILABLE FOR \$40 (2 PADDLES MAX)

FOOD, POP & WATER WILL BE AVAILABLE FOR PURCHASE - NO OUTSIDE FOOD OR DRINK



HIRING & TRAINING LIFEGUARDS

TRAINING

April 11th 4-7 pm

April 12th 7 am-4 pm

April 13th 8 am- 5 pm

Requires online work before in person session

Cost: \$215 members, \$235 non-members

Location: Massillon Family YMCA Pool

Minimum age: 15 years old No maximum age!

Minimum \$25 deposit - any remaining due 1st day, after Physical Competency test. Must attend all sessions.



REGISTER BY CALLING 330-837-5116 OR ONLINE AT WWW.WESTSTARKY.ORG

Join Victoria in this 5 Week Yoga Series

EXPLORING DIFFERENT STYLES

5 week series begins

April 3rd 5:00pm

60 min. class

Each week will begin
with a short
meditation and end
with reflection

Whole series

Members \$30

Non members \$60

Individual Class:

Members \$10

Non Members \$15

Each class explores a different
yoga style while integrating
mindfulness techniques, each
offering a unique experience.

Towpath Trail YMCA



Wk.1 -April 3rd Hatha Yoga

Wk. 2 -April 10 Vinyasa Flow

Wk. 3- April 17 Yin Yoga

Wk. 4 - April 24 Power Yoga

Wk.-5 - May 1 Restorative Yoga

TOWPATH TRAIL YMCA

HEALTHY KIDS DAY®

Friday, April 25th, 5:30pm-8pm

FAMILY SUMMER WATER SAFETY PROGRAM:

5:30-5:50PM, 6PM-6:20PM,
6:30PM-6:50PM, 7PM-7:20PM

Sign up for Water Safety and get a ticket for food!

MARTIAL ARTS DEMO 6PM-6:30
GYMNASTICS DEMO 6:30PM-7PM
PRIZES! **HEALTHY SNACKS!**
BOOKMOBILE! **FREE PIZZA! CHIPS!**
SAFE KIDS COALITION **WATER!**

the Y YMCA

INFLATABLE GAMES

WestStarky.org

**FREE
&
OPEN TO THE
PUBLIC**

THANK YOU TO
OUR SPONSOR



KIWANIS CLUB OF
GREATER MASSILLON

MASSILLON YMCA GYMNASTICS TEAM

5TH ANNUAL QUARTER AUCTION SATURDAY, APRIL 12, 2025

ST. CLEMENT HALL - 216 WOOSTER ST NE, NAVARRE
DOORS OPEN AT 1:00PM AND THE AUCTION STARTS AT 2:00PM

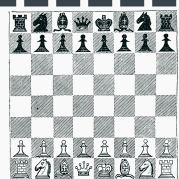
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ALL-IN PADDLES AVAILABLE FOR \$40 (2 PADDLES MAX)

FOOD, POP & WATER WILL BE AVAILABLE FOR PURCHASE

- NO OUTSIDE FOOD OR DRINK



FREE 6 WEEK CHESS CLUB

WEDNESDAYS,

6PM-7PM

NO EXPERIENCE
NECESSARY. EVERY
AGE WELCOME!

TOWPATH TRAIL

LAST MONTH FOR THE
WINTER INDOOR
PLAYGROUND
OPEN:

April 4, 11, 25

FRI: 9:30am to 11am

For children
(ages 1-6) and
parents/caregivers

Playground will be closed
if Fairless schools are
closed. FREE FOR ALL.

NEW YOGA CLASS! GENTLE

STRETCH YOGA
THURSDAYS
APRIL THRU AUGUST
WITH TURRA
9AM-9:45



TOWPATH TRAIL YMCA

INSTRUCTIONAL BASKETBALL @ MASSILLON

REGISTRATION OPEN - RUNS: May 13, 2025 - May 29, 2025

Instructional basketball is where kids ages 4-7 will learn the basic fundamentals of the game, and develop better social skills while interacting with other kids. The young athletes will learn how to dribble, pass, shoot, and other skills of the game.



PICKLEBALL HOURS

WEDNESDAYS

10am - Noon



FRIDAYS

10am - Noon

WE'RE HIRING!

SUMMER CHILD CARE
CAMP STAFF

Applications Available at
the Front Desk!

SUMMER DAY CAMP



Discover the wonders of nature, learn about local wildlife, have fun on field trips, daily swimming, and let's enjoy summer while making new friends!

REGISTRATION
NOW OPEN!

MASSILLON FAMILY YMCA
PERRY HIGH SCHOOL
TOWPATH TRAIL YMCA

PLEASE CONSIDER
DONATING:

Sidewalk Chalk,
Jump Ropes,
Bubbles,
Kleenex,
Disinfecting Wipes,

LOST MEMBERSHIP CARD? ALWAYS FORGETTING IT?
Ask us to send you a digital card link to your mobile phone!



TOWPATH TRAIL

APRIL

LAST MONTH FOR THE WINTER INDOOR PLAYGROUND

FREE - (FOR MEMBERS AND NON-MEMBERS)
For children (ages 1-6) and parents/caregivers
FRIDAYS: 9:30am to 11am
OPEN:
April 4, 11, 25

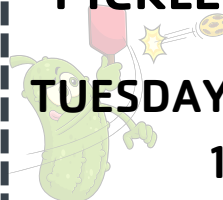


Playground will be closed if Fairless schools are closed.

PICKLEBALL HOURS

TUESDAYS & THURSDAYS

1pm-3pm



INSTRUCTIONAL BASKETBALL @MASSILLON

REGISTRATION OPEN - RUNS: May 13, 2025 - May 29, 2025

Instructional basketball is where kids ages 4-7 will learn the basic fundamentals of the game, and develop better social skills while interacting with other kids. The young athletes will learn how to dribble, pass, shoot, and other skills of the game.



04/28 - 05/23 POOL CLOSED

10AM-11AM

MONDAY - FRIDAY

PLEASE CONSIDER DONATING:

Sidewalk Chalk,
Jump Ropes,
Bubbles,
Kleenex,
Disinfecting Wipes

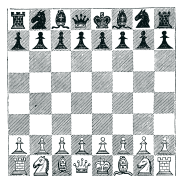
PRESCHOOL

PLAN NOW FOR FALL!
ENROLLING

2025-2026
NOW



FREE 6 WEEK CHESS CLUB
WEDNESDAYS, 6PM-7PM



NO EXPERIENCE
NECESSARY.
EVERY AGE
WELCOME!
TOWPATH TRAIL

SUMMER DAY CAMP

Discover the wonders of nature, learn about local wildlife, have fun on field trips, daily swimming, and let's enjoy summer while making new friends!



REGISTRATION
NOW OPEN!

MASSILLON FAMILY YMCA
PERRY HIGH SCHOOL
TOWPATH TRAIL YMCA

WE'RE
HIRING!

WEEKEND/EVENING
FLOOR MAINTENANCE

SUMMER CHILD CARE
CAMP STAFF

Applications Available
at the Front Desk!

MASSILLON YMCA GYMNASTICS TEAM 5TH ANNUAL QUARTER AUCTION SATURDAY, APRIL 12, 2025

ST. CLEMENT HALL - 216 WOOSTER ST NE, NAVARRE
DOORS OPEN AT 1:00PM AND THE AUCTION STARTS AT 2:00PM

\$5 ADMISSION INCLUDES 1 BIDDER PADDLE
ADDITIONAL PADDLES AVAILABLE FOR \$2 EACH (2 PADDLES MAX)
ALL-IN PADDLES AVAILABLE FOR \$40 (2 PADDLES MAX)
FOOD, POP & WATER WILL BE AVAILABLE FOR PURCHASE
- NO OUTSIDE FOOD OR DRINK

NEW YOGA CLASS! GENTLE STRETCH YOGA

THURSDAYS - APRIL THRU AUGUST - WITH TURRA
9AM-9:45



TOWPATH TRAIL YMCA

APRIL HEALTHY AGING: MASSILLON



Massillon Family YMCA
131 Tremont Ave SE



FREE! Please RSVP so we have
an accurate count for supplies

TO REGISTER: Call 330-837-5116 or sign up at the Welcome Center

APRIL

15

TUESDAY

11:00am

ART IN APRIL

What is Positive and Negative Space?
Learn to explore and experiment and
create you own art! Supplies and
refreshments provided!



Lunch sponsored by Shady Lawn

APRIL

18

FRIDAY

11AM

past-career

**FUN
DAY**

EXCITING GAMES & ACTIVITIES
FOOD & REFRESHMENTS

Bring show and tell items from your past career. It will be
a day filled with laughter, excitement, and unforgettable
memories

REFRESHMENTS PROVIDED BY

RSVP BY 04/14/2025

Massillon Family YMCA

Please note:

All Healthy Aging events are free to attend and open to non-members.

MEADOW WIND
HEALTHCARE CENTER

APRIL HEALTHY AGING: NAVARRE



Towpath Trail YMCA
1226 Market St. NE, Navarre



FREE! Please RSVP so we have
an accurate count for supplies

TO REGISTER: Call 330-879-0800 or sign up at the Welcome Center

APRIL
1
TUESDAY

**CANVAS
PAINTING!**



APRIL
4
FRIDAY

10am – Noon
Euchre
Club

APRIL
11
FRIDAY
11:30am

LUNCH & LEARN: SPIRIT, MIND, BODY

w/Terry Levingood

Chaplin from Aultman Hospital

He will speak about strengthening and meeting the needs of the spirit mind and body. We will be inspired to nurture hope and spiritual wellness in today's chaotic world.

Lunch is sponsored by Altercare of Navarre and Country Lawn Nursing Home.

APRIL
25
FRIDAY
11:30am

**BINGO: April Showers
Bring May Flowers**

Wear your pre or post shower attire or bring something from the pool or a rainy day and you will be given a raffle ticket toward our grand prize drawing.



Lunch sponsored by
Altercare/Country Lawn

Get outside and walk this spring/summer - Grab a friend and walk on the paved walking track located beside the Towpath Trail YMCA. Just a little over 3 laps makes a mile.

Please note:

All Healthy Aging events are free to attend and open to non-members.

Gymnastics Lessons

SPRING (Apr 14-May 24) SUMMER I (June 1-July 12)
\$36 Member / \$72 Non-Member



MASSILLON

Little Flippers (Walking-Age 3)

Saturday 8:30am-9:00am

Mat Munchkins (Ages 3-5)

Monday 4:30pm-5:15pm OR
Tuesday 4:30pm-5:15pm OR
Thursday 4:30pm-5:15pm OR
Saturday 9:15am-10:00am OR
Saturday 10:30am-11:15am

Rollers/Swingers (Ages 6+)

Monday 4:30pm-5:30pm OR
Tuesday 4:30pm-5:30pm OR
Thursday 4:30pm-5:30pm OR
Saturday 9:15am-10:15am OR
Saturday 10:30am-11:30am

Back Handspring Class (6-18yrs)

Thursday
7:15pm-8pm or
Saturday
11:15am-noon



ADULT GYMNASTICS

Mondays or Thursdays

April 3 - April 28

7:00pm-8:30pm

\$25 Member/\$50 Non-Member

This fun class is for beginners through experienced gymnasts. Class focuses on learning and relearning gymnastics skills on all 4 events. Coaches will be available to guide you through the skills. No prior gymnastics training required. Opportunity to compete in gymnastics meets will be available if desired.



Instructional BASKETBALL

AGES 4 to 7

\$40 Member/\$80 Non-Member

Massillon Family YMCA

May 13- May 20

Tue, Thu @ 6:00 PM-6:40 PM

Instructional basketball is where youth will learn the basic fundamentals of the game, and develop better social skills while interacting with other kids. The young athletes will learn how to dribble, pass, shoot, and other skills of the game.



Instructional Soccer

AGES 3 to 5

\$40 Member/\$80 Non-Member

Towpath Trail YMCA

Apr 08 - Apr 24, 2025

Tue, Thu @ 6:00 PM-6:40 PM

The focus of this age group is to both develop the basic skills of soccer and socialize children in a fun and safe environment. All participants will receive a YMCA soccer t-shirt.



Martial Arts

\$30 Member/\$60 Non-Member

TOWPATH TRAIL YMCA

Classes meet twice weekly in 4-week monthly sessions

Youth ages 5-11

6:30-7:30pm Tue & Thur

Ages 12 - Adult

7:30-8:30pm Tue & Thur

MASSILLON FAMILY YMCA

Class is continuous

Ages 7 - Adult

Wed 6-8pm

Classes are a mixture of Tai Kwon Do, Judo and self-defense. The primary focus is courtesy and self-control. Taught by 5th Degree Black Belt Master Smith.

Class meets once a week. This class runs monthly, unlike our other classes that go by sessions. Price is per month regardless of number of classes in the month. Class also meets one Sunday afternoon each month for testing. See instructor for Sunday dates and times.



"Martial arts was really the first thing
in my life that
I followed through on and accomplished
a degree of proficiency for."

CHUCK NORRIS

Swim Lessons

SPRING (Apr 14-May24) SUMMER I (June 1-July 12)
\$42 Member / \$84 Non-Member

Ages
6mn-3y

Parent & Child Water Discovery & Exploration

Navarre:
Sat 9am

Massillon:
Sat 10am

30min



Ages 3 to 5

Stage 1 Water Acclimation- 45min.

Navarre: Thu 5:30pm or Sat 9:45am

Massillon: Sat 9:00am

Stage 2 Water Movement- 45min.

Navarre: Thu 5:30pm or Sat 9:45am

Massillon: Sat 9:00am

Stage 3 Water Stamina- 45min.

Navarre: Thu 5:30pm or Sat 9:45am

Massillon: Sat 9:00am

Stage 4 Stroke Introduction- 45min.

Navarre: Thu 5:30pm or Sat 9:45am

Massillon: Sat 9:00am



Ages 5 to 13

Stage 1 Water Acclimation -45min.

Navarre: Tue 5:30pm or Sat 10:45am

Massillon: Sat 10:00am

Stage 2 Water Movement -45min.

Navarre: Tue 5:30pm or Sat 10:45am

Massillon: Sat 10:00am

Stage 3 Water Stamina -45min.

Navarre: Tue 5:30pm or Sat 10:45am

Massillon: Sat 10:00am

Stage 4 Stroke Introduction- 45min.

Navarre: Tue 5:30pm or Sat 10:45am

Massillon: Sat 10:00am

Stage 5 Stroke Development- 45min.

Navarre: Tue 5:30pm or Sat 10:45am

Massillon: Sat 10:00am

Stage 6 Stroke Mechanics- 45min.

Navarre: Tue 5:30p or Sat 10:45am

Massillon: Sat 10:00am



MASSILLON FAMILY YMCA

GROUP EXERCISE

APRIL 2025

FOR CLASS CANCELLATION ALERTS

TEXT: @groupepxme

To phone number: 81010

MONDAY

8:30AM TOTAL BODY FITNESS with Jodi (GE)

9:30AM AQUAMOTION with Rhonda (P)

11:00AM SilverSneakers CIRCUIT with Thelma (GE)

5:45PM BODY SCULPT with Rhonda (GE)

TUESDAY

9:40AM SilverSneakers SPLASH with Carolyn (P)

5:30PM RIP STYX with Rhonda (GE)

March 11, 25

SPIN & STEP with Rhonda (GE)

March 4, 18

6:30PM MIXED BELLY DANCING with Irene (GE)

7:20PM BEGINNER BELLY DANCING with Irene (GE)

WEDNESDAY

8:30AM TOTAL BODY FITNESS with Thelma (GE)

9:30AM AQUAMOTION with Rhonda (P)

10:30AM SS BOOM MUSCLE with Thelma (GE)

11:15AM SS BALANCE & CHAIR YOGA with Thelma (GE)

5:45PM HIT HOP with Rhonda (S)

6:45PM KETTLEBELLS with Moriah (GE)

THURSDAY

9:40AM SilverSneakers SPLASH with Carolyn (P)

WHERE CLASSES MEET

FC = Fitness Center

G = Gymnasium

GE = Group Exercise Room

P = Pool

S = The Studio

CHILD WATCH HOURS

MORNINGS:

Tues, Thurs, Fri
8:45am-11am

EVENINGS:

Mon, Wed, Thur
5-7:30pm

Tuesday
5-8:30pm

Saturdays: 8:45am - Noon

Please note: If there are no children in Child Watch 30 minutes before it closes, the area may close early.

BUILDING HOURS

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

After-hours Access

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



FRIDAY

8:30AM TOTAL BODY FITNESS with Thelma (GE)

9:30AM AQUA BOOTCAMP with Rhonda (P)

SATURDAY

8:30AM Intermediate & Beyond Belly Dance (GE)

10:15AM Cardio Cross Training with Rhonda (GE)



SEE NEXT PAGE FOR CLASS DESCRIPTIONS ■ 131 TREMONT AVE SE, MASSILLON

Massillon Fitness 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 - Push yourself at your own effort.

HIT HOP with Rhonda (Studio)

30 min class- Music inspired cardio kickboxing, punch and jabs, and calisthenics.

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.

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.

SPIN & STEP with Rhonda (Group Exercise Room)

This is a high intensity indoor cycling class designed to keep you moving. Everyone is welcome, limited to 8.

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.

TOWPATH TRAIL YMCA

GROUP EXERCISE

APRIL 2025

TOWPATH TRAIL YMCA • 330-879-0800 • WestStarkY.org

FOR CLASS CANCELLATION ALERTS TEXT: @towp7

To phone number: 81010



MONDAY

- 6:30AM BALANCE, CORE & YOGA with Jessica (GE)
- 8:00AM WALK & TONE with Heather (G)
- 9:00AM TOTAL BODY FITNESS with Terry (GE)
- 9:00AM **AQUAMOTION with Heather (P)**
- 10:00AM RIPPED with Kristina (GE)
- 11:00AM MAT PILATES with Heather (GE)
- 1:00PM CHAIR YOGA with Jen (G)
- 2:00PM STANDING STRENGTH & BALANCE with Jen (GE)
- 6:00PM **AQUAMOTION with Lucy (P)**
- 6:15PM Cycling (40 min) with Brittany (GE)

TUESDAY

- 8:00AM TOTAL BODY FITNESS with Michelle (GE)
- 9:00AM **AQUAMOTION with Heather (P)**
- 9:00AM PEACEFUL POWER YOGA with Christina (GE)
- 9:30AM HIIT THE ROPES with Kristina (G)
- 10:00AM BETTER BALANCE with Beth
- 11:00AM SilverSneakers BOOM MUSCLE with Heather (G)
- 5:45PM MINDFUL MOVEMENT YOGA with Sarah (GE)

WEDNESDAY

- 6:30AM BALANCE, CORE & YOGA with Jessica (GE)
- 8:00AM WALK & TONE with Michelle (G)
- 9:00AM CYCLING with Mike (GE)
- 9:00AM TRX with Kristina (G)
- 10:00AM DRUMMING FOR FITNESS with Heather (G)
- 10:15AM BETTER BALANCE with Beth (GE)
- 11:00AM CHAIR YOGA with Beth (G)
- 5:45PM BETTER BALANCE & STRENGTH with Lorena (GE) .
- 6:00PM **AQUAMOTION with Lucy (P)**
- 6:30PM DRUMMING FOR BEGINNERS with Lorena (GE)

CLASS LOCATIONS

GE = Group Exercise
room

G = Gymnasium
P = Pool

CHILD WATCH

MORNINGS:
Mon-Sat
8:45am-noon

EVENINGS:
Mon-Thur
5-7:30pm

Please note: If there are no children
in Child Watch 30 minutes before it
closes, the area may close early.

THURSDAY

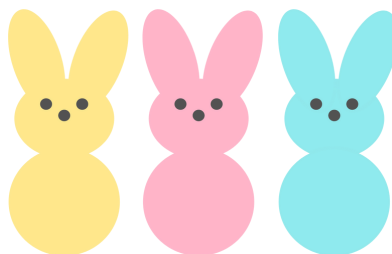
- 8:00AM TOTAL BODY FITNESS with Michelle (GE)
- 9:00AM **AQUAMOTION with Heather (P)**
- 9:00AM GENTLE STRETCH YOGA with Turra (GE)
- 10:00AM RIPPED with Kristina (GE)
- 11:00AM SilverSneakers CLASSIC with Heather (G)
- 12:15PM CHAIR VOLLEYBALL with Bonnie
- 6:15PM TOTAL BODY BURN with Brittany (GE)

FRIDAY

- 8:00AM WALK & TONE with Michelle (G)
- 8:00AM **DEEP WATER BLAST with Heather (P)**
- 9:00AM TOTAL BODY FITNESS with Terry (GE)
- 10:00AM MAT PILATES with Heather (GE)
- 10:00AM LaBLAST DANCE CLASS with Debbie/Chris (G)

SATURDAY

- 9:00AM CYCLING with Mike (GE)
- 10:15AM GENTLE YOGA (GE)



SEE NEXT PAGE FOR CLASS DESCRIPTIONS ■ 1226 MARKET ST NE, NAVARRE

TOWPATH TRAIL YMCA CLASS DESCRIPTIONS

Aquamation: Water fitness class using various equipment. Easy on your joints while getting a cardio & strength workout in.

Better Balance: (30 min.) We will practice functional moves to improve balance and gently strengthen muscles. This class will use a chair to add stability when standing.

Balance, Core, & Yoga: 30 minutes of exercise focusing on balance, core, and strength. Ending with 15 minutes of Yoga to stretch and recharge. All levels welcome.

Chair Volleyball: Played while seated in chairs with a modified net height, smaller court size, and a lightweight ball. Standard volleyball scoring. Geared towards active aging.

Chair Yoga: Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of motion.

Cycling: Indoor cycling using stationary bikes. Instructor guides you through a ride that simulates outdoor cycling while shredding fat and increasing cardiovascular endurance.

Deep Water Blast: This challenging, water-based workout that's all cardio, body toning and most of all exhilarating.

Drumming for Fitness: A fun, upbeat class that uses music to design the workout. Use drumsticks to pound out a beat on a "drum" made of an exercise ball!

Drumming for Beginners Is a great physical outlet for all populations—including those that may require assistance. This class includes music, rhymical movement and fun.

HIIT the Ropes: Uses Battle Ropes – heavy ropes, anchored to the wall. Create a series of wave motions for a full body workout.

Kettlebell Balance & Core: Half-hour of controlled and intentional exercises to strengthen the core and improve balance for better functional movement.

LaBlast Dance Class: A partner-free dance fitness workout create by world-renowned dancer and fitness expert Louis van Amstel (as seen on Dancing with the Stars). It's accessible for all levels.

Mat Pilates: Gentle, yet challenging, non-impact strength and toning.

Mindful Movements Yoga: Class will be sequenced to calm the nervous system and restore balance for both mind and body. Includes meditation followed by passive and gently active poses.

Peaceful Power Yoga Flow: Increase flexibility, mobility, balance and body awareness at increased intensity. All levels.

QiGong: Martial arts exercise includes movements suitable for everyone. Increases range of motion and balance while reducing stress.

Ripped: High energy barbell class that challenges every muscle group to the max.

SilverSneakers BOOM MUSCLE: Muscle-conditioning blocks and activity-specific intervals to improve cardiovascular health & function.

SilverSneakers CLASSIC: Seated and standing exercises to increase strength, range of motion and activities for daily living.

Standing Strength & Balance: This class uses body weight or optional hand weights and bands to develop strength and improve balance from seated and standing positions. We focus on arms, legs, core and range of motion. No floor work. One level more challenging than chair yoga.

Total Body Burn: Tabata-style interval workout, using circuits to challenge both your upper and lower body. There are bursts of HIIT (High-Intensity Interval Training) cardio in there, too (40min)

Total Body Fitness: Low-impact, full-body cardio and strength conditioning. Modifications for a wide range of fitness levels.

TRX: Suspension training system that utilizes full core strength to engage every muscle in the body.

Walk & Tone: Walking paired with strength exercises using weights and bands to tone the whole body.

Yoga: Increase flexibility, mobility, balance and body awareness while reducing stress. All levels.

Yoga Flow and Stretch:A moderate flow yoga class that concludes with a deep stretch. Options to increase or decrease intensity will be offered. All levels welcome.

Classes recommended for Healthy Aging members

MASSILLON FAMILY YMCA

MON 8:30am - TOTAL BODY FITNESS
with Jodi
9:30am - AQUAMOTION
with Rhonda
11am - CIRCUIT with Thelma

TUE 9:40am - SILVERSNEAKERS
SPLASH with Carolyn

WED 8:30am - TOTAL BODY FITNESS
with Thelma
9:30am - AQUAMOTION
with Rhonda
10:30am - SILVERSNEAKERS
BOOM MUSCLE
with Thelma
11:15am - SILVERSNEAKERS
BALANCE & CHAIR
YOGA with Thelma

THU 9:40am - SILVERSNEAKERS
SPLASH with Carolyn

FRI 8:30am - TOTAL BODY FITNESS
with Thelma

**THESE CLASSES
ARE FREE & OPEN
TO ALL MEMBERS!**

TOWPATH TRAIL YMCA

MON 8am - WALK & TONE
with Heather
9am - AQUAMOTION
with Heather
1pm - CHAIR YOGA with Jen
2pm - STANDING STRENGTH
& BALANCE with Jen
6pm - AQUAMOTION with Lucy

TUES 8am - TOTAL BODY FITNESS
with Michelle
9am - AQUAMOTION
with Heather
10am - BETTER BALANCE
with Beth
11am - SILVERSNEAKERS
BOOM MUSCLE
with Heather

WED 8am - WALK & TONE
with Michelle
10am - DRUMMING FOR
FITNESS with Heather
10:15am - BETTER BALANCE
with Beth
11am - CHAIR YOGA
with Beth
6pm - AQUAMOTION with Lucy

THU 8am - TOTAL BODY FITNESS
with Michelle
9am - AQUAMOTION
with Heather
11am - SILVERSNEAKERS
CLASSIC with Heather
12:15pm - CHAIR VOLLEYBALL

FRI 8am - WALK & TONE with
Michelle
9am - TOTAL BODY FITNESS
with Terry

Do you have a testimonial to share?

Feel free to leave a note at the Welcome Desk in Massillon or Navarre! You can detach the bottom portion of this page or email Jodie directly at jcatalano@WestStarkY.org. We'd love to share your experience with others.



Name and contact info
(phone or email): _____

How has the YMCA made
a difference in your life? _____

Member since: _____

Circle your usual branch: Massillon Y / Towpath Trail Y

May we reach out to you for a photo? Yes / No



GIVING GROWS HERE



Strengthening
community



No one will be turned away
because of
an inability to pay

Thanks to the generosity of members, volunteers and donors,
we transform lives. You're helping people achieve health, gain confidence, make
connections and feel secure at every stage of life.

**YES! I want to
invest in the Y**

AMOUNT

NAME _____

ADDRESS _____

\$

PHONE _____ EMAIL _____

CHECK ONE

☐

Annual Campaign
Any Amount

☐

Endowment*
Donor Wall

☐

Navarre-Leaf
Massillon

(Small \$100-\$499
Medium \$500-\$999
Large \$1,000 + higher)

☐

Memorial
Bench *
\$2,500

☐

Navarre
Massillon

PAYMENT METHOD

☐

CHECK: Make payable to
YMCA of Western Stark County

☐

CREDIT CARD: (circle one) ONE-TIME
(circle one) MASTERCARD VISA

MONTHLY
DISCOVER

☐

MONTHLY DRAFT: Use
credit card on file at Y

ACCOUNT # _____
CVV #, EXPIRATION DATE _____

*

We will call to
verify the text
for a leaf,
brick or bench
inscription.

Your tax-deductible contributions to the YMCA of Western Stark County are crucial to our cause and our promise.

We Our Community Partners!



THE BENEFITS

■ Sign-in using your phone instead of your member card

■ Receive timely announcements and alerts for either facility

■ Check out class schedules and gym and pool hours

HOW TO PUT THE YMCA APP ON YOUR PHONE

1

Go to the App Store



2



Daxko Health & Fitness

GET

3

Find your health and wellness center by typing:



ymca of western stark county

4

The icon will automatically update



5

Select your facility at the top of the app screen.

You can select either location at any time.



NEED A HAND?

Please ask!

You can also type

www.WestStarkY.org/app
into an Internet browser



Locations & Regular Hours of Operation

MASSILLON FAMILY YMCA

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

BUILDING HOURS

Monday - Thursday: 6 am - 8:30 pm
Friday: 6 am - 7 pm
Saturday: 7 am - 2 pm
Sunday: 11 am - 2 pm

CHILD WATCH HOURS

Mornings: Tue, Thu, Fri 8:45-11am
Evenings: Mon, Wed, Thu 5-7:30pm
Tuesdays 5-8:30pm

Saturdays: 8:45am - Noon

TOWPATH TRAIL YMCA

1226 Market St. NE
Navarre, OH 44662
330-879-0800

BUILDING HOURS

Monday - Thursday: 6 am - 9:00 pm
Friday: 6 am - 7 pm
Saturday: 7 am - 3 pm
Sunday: noon - 3 pm

24/7 access available in Navarre.
Visit Welcome Center for details.

CHILD WATCH HOURS

Mornings: Mon-Sat 8:45am-Noon
Evenings: Mon-Thu 5:00-7:30 pm



HAPPY EASTER
CLOSED
SUNDAY, APRIL 20th



24/7 Access is still available
when closed for holidays.

24/7 Access is open to ANY member 18 years or older in good standing! Currently 24/7 access is only available at the Towpath Trail location. Orientation takes about 20 minutes. No additional cost. Access is to the Fitness Center and machines in the lobby.

TO SUBSCRIBE TO OUR NEWSLETTER:
WestStarkY.org/newsletter-signup