



MASSILLON FAMILY YMCA GROUP EXERCISE

OCTOBER 2024

FOR CLASS CANCELLATION ALERTS

TEXT: @groupexme

To phone number: 81010

WHERE CLASSES MEET

FC = Fitness Center

G = Gymnasium

GE = Group Exercise Room

P = Pool

S = The Studio

MONDAY

- 8:30AM TOTAL BODY FITNESS with Jodi (GE)
- 9:30AM AQUAMOTION with Rhonda (P)
- 11:00AM SilverSneakers CIRCUIT with Thelma (GE)
- 5:30PM BODY SCULPT with Jodi (GE)
- 6:30PM BUTZ & GUTZ with Rhonda (GE) ***NEW CLASS***

TUESDAY

- 9:40AM SilverSneakers SPLASH with Carolyn (P)
- 5:30PM RIP STYX with Rhonda (GE)
October 1, 15, 29
- SPIN & STEP with Rhonda (GE)
October 8, 22
- 7:30PM BEGINNER BELLY DANCING with Irene (GE)
October 8, 22
- 7:30PM ADVANCED BELLY DANCING with Irene (GE)
October 1, 15
- 7:30PM MIXED BELLY DANCING with Irene (GE)
October 29

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) ***NEW CLASS***
- 6:45PM KETTLEBELLS with Moriah (GE)

THURSDAY

- 9:40AM SilverSneakers SPLASH with Carolyn (P)
- 5:00PM CIRCUIT with Scott (G)

CHILD WATCH HOURS

Morning: Tues, Thu, Fri 8:45-11am

Evenings: Mon, Wed, Thu 5-7:30pm
Tuesday 5-8:30pm

Saturdays: 8:45am - Noon

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

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

GROUP EXERCISE

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.

BUTZ and GUTZ with Rhonda (Group Exercise Room)*NEW CLASS*

30 min class focuses on core, glutes, and legs.

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.

CIRCUIT with Scott (Gym)

Timed intervals at fitness stations with equipment and body-weight exercises. Push yourself at your own effort for any kind of workout or training.

HIT HOP with Rhonda (Studio) *NEW CLASS*

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.

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.

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.