

FITNESS CLASSES

FEBRUARY 2024

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



MONDAY

- 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)
- 5:00PM KETTLEBELL BALANCE & CORE (30 min) with Beth (GE)
- 6:00PM AQUAMOTION with Lucy (P)

TUESDAY

- 8:00AM TOTAL BODY FITNESS with Michelle (GE)
- 9:00AM AQUAMOTION with Heather (P)
- 9:00AM YOGA with Shirley (GE)
- 9:30AM HIIT THE ROPES (30 min) with Kristina (G)
- 10:00AM QIGONG with Shirley (GE)
- 11:00AM SilverSneakers BOOM MUSCLE with Heather (G)
- 5:15PM PEACEFUL YOGA FLOW with Christina (GE)

WEDNESDAY

- 6:45AM WEEKLY WAKE-UP with Jen (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 Jen (G)
- 5:45PM TOTAL BODY FITNESS with Lorena (GE)
- 6:00PM AQUAMOTION with Lucy (P)
- 6:30PM DRUMMING FOR FITNESS 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)
- 9:15AM BETTER BALANCE with Beth (GE)
- 10:00AM RIPPED with Kristina (GE)
- 11:00AM SilverSneakers CLASSIC with Heather (G)
- 12:15PM CHAIR VOLLEYBALL (GE)
- 5:15PM POWER YOGA with Jen (GE)

FRIDAY

- 8:00AM WALK & TONE with Michelle (G)
- 9:00AM TOTAL BODY FITNESS with Terry (GE)
- 9:00AM AQUAMOTION with Heather (P)
- 10:00AM MAT PILATES with Heather (GE)

SATURDAY

- 9:00AM CYCLING with Mike (GE)
- 10:15AM MINDFUL MOVEMENTS YOGA with Sarah (GE)

TOWPATH TRAIL YMCA CLASS DESCRIPTIONS

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

Barre: (30 min.) A full body workout great for toning glutes, legs and strengthen core. Barre is low-impact and is a great way to strengthen without being too stressful on the body.

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.

Cardio Burn: A variety of cardio and strength that includes high/low conditioning and toning.

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.

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!

Full Body Strength: A weight class using dumbbells, barbells and other equipment to help build strength in every major muscle group!

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.

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.

Power Yoga: Focus on strength with mobility and stability. Includes sun salutations; standing, seated, and floor poses; balance challenges; breath awareness.

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.

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.

Weekly Wakeup: Low-impact, full-body strength and toning. Exercises inspired from a variety of disciplines may use body weight, bands or dumb bells. No jumping or running. Combination of standing and mat work.

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