

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

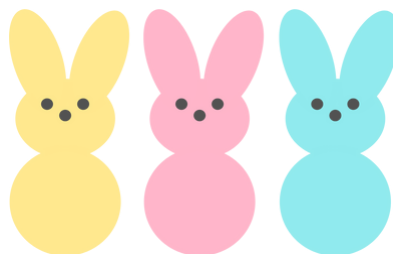
- 8:00AM TOTAL BODY FITNESS with Michelle (GE)
- 9:00AM **AQUAMOTION with Heather (P)**
- 9:00AM GENTLE STRETCH YOGA with Turra (GE)
- 10:00AM RIPPED with Kristina (GE)
- 11:00AM SilverSneakers CLASSIC with Heather (G)
- 12:15PM CHAIR VOLLEYBALL with Bonnie
- 6:15PM TOTAL BODY BURN with Brittany (GE)

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.