



MAY 2025

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

NEWSLETTER

and program guide

HAPPY MOTHER'S DAY



EXCITING NEWS IN CHILD CARE

Welcome, Britany!

We're thrilled to introduce Britany, who is stepping into the lead role at our Towpath Trail Child Care location! Britany brings years of experience, a heart for children, and a deep passion for supporting families. We're so excited for the positive impact she'll bring to our community—and just in time for Summer Day Camp!

Summer is almost here!

Can you believe the school year is nearly over? If you're planning to enroll your child in our Summer Day Camp, now's the time—spots are limited, and they're filling up fast!

Looking ahead to fall:

We're excited to announce the launch of our Before & After School Program in Tuslaw Schools starting this fall! Registration will open for students at that site in June—secure your spot early!

Pre-School at Towpath Trail

Registration for our Pre-School Program at Towpath Trail will open in the coming weeks. These spots go quickly—stay tuned to our Facebook and Instagram pages for the official announcement!

We can't wait for all that's ahead and are so thankful to have amazing families like yours with us every step of the way.



GATORS IN THE WATER

Congratulations to Our Massillon YMCA Gators National Team!

Our Gators took on the best of the best at Nationals in Greensboro, NC, and made us incredibly proud—not just with their performances, but with their spirit, sportsmanship, and strength.

These swimmers are talented, caring, charismatic, strong, and determined—and they represented the YMCA of Western Stark County with excellence.

Nationals Highlights:

- Sophie Baker – 2nd in 50 Free, 6th in 100 Back, and 11th in 100 Free — all personal bests!
- Dannie Warren – Achieved personal bests, qualified for Futures in 50 Free, and made it to the D finals!
- Luke Mazon – Qualified for the D finals!
- Our team qualified:
 - 3 Women's Relays (200 & 400 Medley, 200 Free) & Men's Relays (200 & 400 Free) -all with improved times!
- Individual & Relay Competitors:
 - Kai Kocher, Talan Smith, Anya Willett (Individual events & relays)
 - Katelyn Claugus, Rowan Holliday, Isaac Zackary (National relays)

Beyond the Pool:

From epic UNO games and Jumbotron fun, to dinner with one Olympian and racing another, and even a rootin'-tootin' good time at the athlete parade—it was an unforgettable experience!

A Special Thanks from Coach Mazon:

"I'd like to thank the Gators, our incredible swimmers, their families, and the dedicated coaching staff who made this season and Nationals possible. I'm blessed to be part of this amazing organization."

As one season ends, the summer season begins!



National Team: Sophie Baker
Katelyn Claugus, Rowan
Holliday, Kai Kocher, Luke
Mazon, Talan Smith, Dannie
Warren, Anya Willett, Isaac
Zackary



MASSILLON FAMILY YMCA GYMNASTICS TEAM

Focus. Discipline. Confidence.

Gymnastics is more than just movement—it's a sport that builds focus, discipline, and concentration. At the YMCA, our gymnastics program is designed to provide a safe, encouraging environment where gymnasts of all levels can grow and thrive.

Our coaches focus on teaching age-appropriate skills through a progression based on each athlete's fitness, conditioning, and ability level. We emphasize individual improvement over comparison, helping each child find pride in their own progress.

But we go beyond physical skills. We believe in shaping strong character. Our coaches model and teach the core YMCA values of: Honesty, Caring, Respect, and Responsibility. These principles help us grow not just better gymnasts—but better leaders, family members, and citizens.

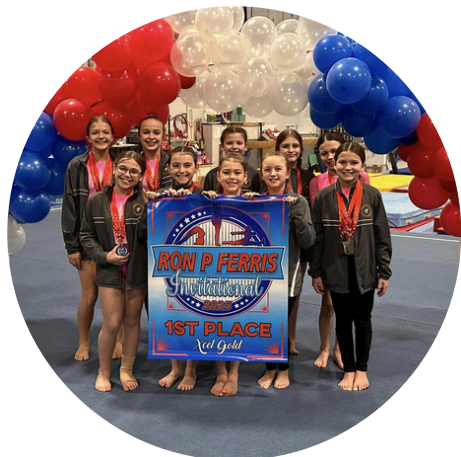
This season, our Gymnastics Teams have competed in several meets, with more to come this spring!

In February, at the Ron P. Ferris Invitational:

-  Xcel Gold Team – 1st Place Team
-  Golds Gymnasts – 1st Place out of 7 teams
-  Xcel Silver Team – 4th Place Team

We're incredibly proud of their hard work, growth, and success!

A big thank-you to everyone who supported our 5th Annual Quarter Auction! We had an amazing turnout, and your support means the world to us and our athletes.



1ST QUARTER DONATIONS & GRANTS OVER \$1000

When you give to the Y, you open doors—to swim lessons that build confidence, to gymnastics that teach determination, and to programs that help families grow stronger together. Every dollar supports access, opportunity, and lasting impact. Thank you for making it possible.

- PEPSI
- HOOVER FOUNDATION - SCHOLARSHIP SUPPORT
- MASSILLON ROTARY FOUNDATION - SCHOLARSHIP SUPPORT
- SONS & DAUGHTERS OF HERMAN - FOOD PROGRAM
- AQUA OHIO
- Y-USA - SWIM GRANT
- FERGUSON FOUNDATION - YOUTH PROGRAMS

MAY

3
SATURDAY

SAFE KIDS DAY

11am-2pm

Boys and Girls Club of Massillon

FREE

MAY 10
SATURDAY

GIRLS ON THE RUN FESTIVAL

9am/10am Mascot Race/10:30am 5k/REGISTRATION REQUIRED

Duncan Plaza in Massillon

PARKING LIMITED

MAY 10
SATURDAY

MARTIAL ARTS TOURNAMENT

Invite Only

TOWPATH TRAIL YMCA GYMNASIUM CLOSED FOR THE DAY

MAY 15
THURSDAY

PRESCHOOL GRADUATION

6:00PM

Towpath Trail YMCA Gymnasium

MAY 24
SATURDAY

MAY 24- JUNE 1 - TOWPATH POOL CLOSED

Shutdown will start after lessons on May 24th.

MAY 26
MEMORIAL DAY

CLOSED

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

MAY 30
SATURDAY

MAY 30- JUNE 1 - LIFEGUARD TRAINING

MASSILLON FAMILY YMCA

REGISTRATION REQUIRED

OUR MISSION & CORE VALUES

To put Christian principles into practice through programs that build healthy spirit, mind and body FOR ALL. Our core values are caring, honesty, respect and responsibility — they guide everything we do.

MASSILLON

the



MAY

THE MASSILLON YMCA GYMNASTICS TEAM

WOULD LIKE TO

THANK YOU FOR YOUR GENEROSITY!

**OUR 5TH ANNUAL QUARTER AUCTION WAS A GREAT SUCCESS!
SEE YOU NEXT YEAR!**



**NEW CLASSES AT TOWPATH
TRAIL YMCA**

MONDAY

5:00PM STEP 2 FIT WITH LEYNA

TUESDAY

10:45AM DANCE 2 FIT WITH LEYNA

SATURDAY

8AM STEP 2FIT WITH LEYNA

SUNDAY

12:30PM DANCE 2FIT WITH LEYNA



**TOWPATH TRAIL YMCA
DIAPER BANK HOURS
MONDAY - FRIDAY
9am-11am & 5pm-6pm**



**30 DAYS: SPIRIT, MIND,
BODY**

**Thank you to everyone who rose to the April
Challenge!**

**TOWPATH TRAIL YMCA
PRESCHOOL
PLAN NOW FOR FALL!
2025-2026**



**PICKLEBALL HOURS
WEDNESDAYS
10am - Noon**



FRIDAYS

10am - Noon



KIWANIS CLUB OF GREATER
MASSILLON



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

MAY

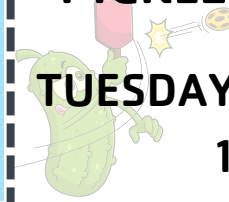
**LOST MEMBERSHIP CARD? ALWAYS
FORGETTING IT?**

**Ask us to send you a digital card link to
your mobile phone!**

PICKLEBALL HOURS

TUESDAYS & THURSDAYS

1pm-3pm



**WE'RE
HIRING!**

**WEEKEND/EVENING
FLOOR MAINTENANCE**

**SUMMER CHILD CARE
CAMP STAFF**

**Applications Available
at the Front Desk!**



THANK YOU TO OUR SPONSORS!



**KIWANIS CLUB OF GREATER
MASSILLON**

**SAFE
KIDS**

SHEETZ

TOWPATH TRAIL YMCA

PRESCHOOL

PLAN NOW FOR FALL!

2025-2026



**STARK COUNTY
DiaperBANK**

TOWPATH TRAIL YMCA

DIAPER BANK HOURS

MONDAY - FRIDAY

9am-11am & 5pm-6pm

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**



**30 DAYS: SPIRIT,
MIND, BODY**

**Thank you to everyone who
rose to the April Challenge!**

NEW CLASSES AT TOWPATH TRAIL YMCA

MONDAY

5:00PM STEP 2 FIT WITH LEYNA

TUESDAY

10:45AM DANCE 2 FIT WITH LEYNA

SATURDAY

8AM STEP 2 FIT WITH LEYNA

SUNDAY

12:30PM DANCE 2 FIT WITH LEYNA



MAY 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

MAY

16

FRIDAY

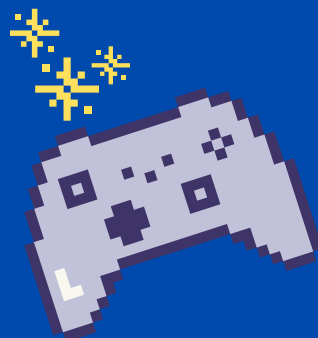
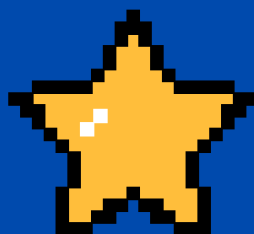
11:00am

GAME DAY

Get ready for an epic afternoon of Wii fun and games!
We've got a wide variety of wii games to choose from,
including bowling and golf games.

REFRESHMENTS PROVIDED BY

MEADOW WIND
HEALTHCARE CENTER



MAY

20

TUESDAY

11AM

Healthy Aging Canton Garden Center Walk & Box Lunch (PROVIDED)

Meet at the Massillon Y by 11:30am.
We can car pool from the Y or you can drive yourself.

The Canton Garden Center consists of several beautiful
gardens, including a Children's Garden, and is
maintained by the members of the Canton Garden Club.

RSVP -05/16/25

1815 Stadium Park Dr
Canton, Oh 44718

Please note:

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

MAY 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

MAY
2
FRIDAY

10am – Noon
Euchre
Club

MAY
9
FRIDAY
11:30am

LUNCH & LEARN Social
POP UP MARKET

Music By **Chris McBurney**,
Food, Shopping, & FUN!
Shop for gifts or for yourself:
Baby gifts, jewelry, sub sauces,
maple syrup, cakes, and more.



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

MAY
30
FRIDAY
11:30am

BINGO
April Showers Bring May Flowers

Our April showers have brought May flowers! Bring or
wear anything related to plants or flowers, and you'll
receive a ticket for our grand-prize drawing.



Please note:

Lunch sponsored by
Altercare/Country Lawn

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)

Saturday
11:15am-noon



Photo by
Jill K.

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.



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

MAY 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)

6:45PM KETTLEBELLS with Moriah (GE)

THURSDAY

9:40AM SilverSneakers SPLASH with Carolyn (P)

5:45PM HIT HOP with Rhonda (S)

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)

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

MAY 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 Beth (G)
- 2:00PM BETTER BALANCE with Beth (GE)
- 5:00PM STEP TO FIT with LEYNA (GE) ***NEW CLASS***
- 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
- 10:45AM DANCE 2FIT with LEYNA (GE) ***NEW CLASS***
- 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

- 8:00AM STEP 2FIT with LEYNA (GE) ***NEW CLASS***
- 9:00AM CYCLING with Mike (GE)
- 10:15AM GENTLE YOGA (GE)

SUNDAY

- 12:30PM DANCE 2FIT with LEYNA (GE) ***NEW CLASS***

TOWPATH TRAIL YMCA CLASS DESCRIPTIONS

Aquamotion: 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.

Dance 2FIT: is a high-energy cardio workout. Dance2 Fit uses various types of popular hip-hop music to create an aggressive but fun and rewarding full body experience.

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.

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.

Step2Fit: is a high-energy workout blending rhythmic stepping, squats, lunges, burpees, push-ups and more! This is the ultimate fun, full body sweat session.

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

11am - CIRCUIT with Thelma

TUE 9:40am - SILVERSNEAKERS
SPLASH with Carolyn

WED 8:30am - TOTAL BODY FITNESS
with Thelma

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 Luc

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 Luc

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!



Department of
Job and Family Services



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



daxko ymca

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



WE WILL BE CLOSED
Monday, May 26th
for
Memorial Day

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