



MASSILLON FAMILY

Group Exercise Fitness Class Schedule

MONDAY

- 8:30-9:30AM TOTAL BODY FITNESS with Thelma (GE)
- 9:00-9:30AM POWER WAVES with Rhonda (P)
- 9:45-10:30AM AQUAMOTION with Rhonda (P)
- 10:30-11:00AM SILVERSNEAKERS BOOM MUSCLE with Thelma (GE)
- 7:15-7:45PM ROCK HARD ABS with John (GE)

TUESDAY

- 9:40-10:25AM SILVERSNEAKERS SPLASH with Carolyn (P)
- 9:45-10:15AM FITNESS INTERVALS with Rhonda (OB/G)
- 10:30-11:00AM HIIT THE ROPES with Kristina (G) ***NO CLASS 08/24/21***
- 11:00-11:45AM SILVERSNEAKER CLASSIC with Linda (GE)
- 5:30-6:15PM DANCE 2 FIT with Kate (GE) ***NEW***
- 6:30-7:20PM MIXED BELLY DANCE with Irene (GE)

WEDNESDAY

- 8:30-9:30AM TOTAL BODY FITNESS with Jodi (GE) ***NEW***
- 9:00-9:30AM POWER WAVES with Rhonda (P)
- 9:45-10:30AM AQUAMOTION with Rhonda (P)
- 11:00-11:30AM SILVERSNEAKER CIRCUIT with Thelma (GE)
- 2:00-2:50PM BAG BASICS with Marjorie (DS)
- 5:00-5:40PM HIIT THE BAGS with Marjorie (DS)
- 6:00-6:50PM BEYOND THE BASICS BAG & ROPES with Marjorie (DS)
- 6:45-7:30PM KETTLEBELLS with Moriah (GE)

THURSDAY

- 9:30-10:30AM LET'S LIFT with Karla (FC)
- 9:40-10:25AM SILVERSNEAKERS SPLASH with Carolyn (P)
- 11:00-11:45AM SILVERSNEAKER CLASSIC with Linda (GE)
- 5:45-6:15PM GENTLE YOGA with Keri (GE)
- 6:30-7:20PM VINYASA YOGA with Keri (GE)
- 6:45-7:45PM SUMMER SIZZLE BOOT CAMP with Rhonda (OB/DS)

FRIDAY

- 8:30-9:30AM TOTAL BODY FITNESS with Thelma (GE)
- 9:00-10:00AM WEIGHTS & WATER with Rhonda (P)

SATURDAY

- 10:15-11:00AM FITNESS INTERVALS with Rhonda (GE)

August '2021

CHILD WATCH HOURS:

Monday & Wednesday
5:30-7:30P
Tuesday & Thursday
9-11A, 5:30-7:30P

WHERE TO MEET:

FC = Fitness Center
GE = Group Exercise Room
DS = Dance Studio Room
G = Gymnasium
P = Pool
OB = Outside Back of Bldg

FOR CLASS CANCELATIONS/CHANGES:

Download the REMIND app
text [@groupexme](https://www.groupexme.com) to number [81010](tel:81010)

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

WestStarkY.org

Class Descriptions

Aquamotion

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.

Bag Basics

50 min learn basic bag movements and work on form. Welcome to all levels, able to be modified to participant's abilities (standing or seated). *Class Limit 8*

Beyond the Basics Bag & Ropes

50 min Matata style workout. Proper form is encouraged. Primarily bag work with occasional Battle Rope Instruction. Basic knowledge of bag movement required. *Class Limit 8*

Dance 2 Fit

45 min dance class that incorporates easy to follow hip hop choreography and toning to today's popular music.

Fitness Intervals

30-45 min kettlebell, TRX, battle ropes, variety of circuits for both cardiovascular and resistance mix.

Let's Lift

1 hr full body workout using nautilus machines & free weights in fitness center, taught by certified personal trainer. Great for learning the basics and becoming more comfortable in the weight room. *Class Limit 8*

Gentle Yoga

30 min all level various yoga poses and stretching to release the days stress, help promote relaxation & better sleep.

HIIT The Bag

40 min high intensity interval training bag workout consisting of warmup, 30 min HIIT, cool down. Basic knowledge of bag movements required. *Class Limit 8*

HIIT The Ropes

30 min high intensity interval training with battle ropes and bodyweight exercises. *Class Limit 8*

****NO CLASS AUGUST 24TH****

Kettlebells

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

50 min class for any level of experience in belly dancing. Teaches small and choreographed routines.

Power Waves

30-60 min Total Body Workout using pool dumbbells for upper body, cardiovascular and leg exercises in both deep and shallow water. A floatation belt is used to keep you upright and from touching the pool bottom, very gentle on the joints.

Rock Hard Abs

30 min intense ab work on the floor with great toning results.

SilverSneakers® Boom Muscle

30 Minute BOOM Muscle incorporates athletic exercises that boot your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

SilverSneakers® Circuit

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® Classic

45 min class to increase muscular strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support.

SilverSneakers® Splash

45 min class. Shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.

Summer Sizzle Boot Camp

1 hr high intensity class that includes tire-flips, jump rope, burpees, and more to challenge your whole body & take your fitness to a new level. Held outside in back of the building or in the Dance Studio if weather is bad

Total Body Fitness

30-60 min light aerobic, strength, stretching & balance exercises designed to condition the whole body. All fitness levels.

Vinyasa Yoga

50 min all level flowing yoga class with modifications and advanced opportunities.

Weights & Water

30 min Nautilus weight lifting machines in JKR Fitness Center followed by 30 min Power Waves in Pool.