



TOWPATH TRAIL

Group Exercise Fitness Class Schedule

MONDAY

- 8:00AM WALK & TONE with Heather (G)
- 9:00AM CARDIO BURN 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 (GE)
- 5:00PM DANCE 2 FIT with Kate (GE) ***NEW**
- 6:00PM AQUAMOTION with Karen (P)

August '2021

WHERE TO MEET:

GE = Group Exercise Room
G = Gymnasium
P = Pool

CHILD WATCH HOURS:

Monday -Friday 8:45a - 11a
Tues & Thurs 5:15p - 7:30p

TUESDAY

- 8:00AM TOTAL BODY FITNESS with Michelle (GE)
- 9:00AM AQUAMOTION with Heather (P)
- 9:30AM HIIT THE ROPES (30 min) with Kristina (G) ***NO CLASS 08/24***
- 10:00AM YOGA with Shirley (GE)
- 11:00AM SilverSneakers BOOM MUSCLE with Heather (GE)
- 5:30PM ENERGY PUMP with Robin (GE)

FOR CLASS CANCELATIONS/CHANGES:

Download the REMIND app
text [@towp2](https://www.remind.com) to number [81010](https://www.remind.com)

WEDNESDAY

- 8:00AM WALK & TONE with Michelle (G)
- 9:00AM CYCLING with Mike (GE)
- 9:00AM TRX with Kristina (G)
- 11:00AM CHAIR YOGA with Beth (GE)
- 5:00PM YOGA (Moderate) with Victoria (GE)
- 6:00PM CIRCUIT (30 min) with Lorena (GE)
- 6:00PM AQUAMOTION with Karen (P)
- 6:45PM DRUMMING FOR FITNESS with Lorena (GE)

FRIDAY

- 8:00AM WALK & TONE with Michelle (G)
- 9:00AM CARDIO & BURN with Terry (GE)
- 10:00AM MAT PILATES with Heather (GE)
- 10:00AM AQUA JOGGING with Sue (P)
- 6:00PM MMA REMIX with Ben (GE)

THURSDAY

- 8:00AM TOTAL BODY FITNESS with Michelle (GE)
- 8:00AM POOLSIDE YOGA with Heather (P)
- 9:00AM AQUAMOTION with Heather (P)
- 10:00AM RIPPED with Kristina (GE)
- 11:00AM SilverSneakers CLASSIC with Heather (G)
- 12:15PM CHAIR VOLLEYBALL (GE) ***Active Aging***

SATURDAY

- 9:00AM CYCLING with Mike (GE)
- 10:00AM YOGA with Shirley (GE)
- 11:00AM QIGONG with Shirley (GE)



Ask about a FREE Fitness Orientation for new members!

1226 Market St. NE, Navarre, OH
330-879-0800
WestStarkY.org

See Reverse Side For Class Descriptions

Class Descriptions

Aquajogging: Deep water jogging class. Great cardio! Pool belts are recommended.

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

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.

Circuit: A variety of "stations" that include strength, cardio, & endurance.

Cycling: Indoor cycling using stationary bikes. Instructor guides you through a ride that simulates outdoor cycling while shredding fat and increasing cardiovascular endurance.

Dance 2 Fit: Incorporated easy to follow hip hop choreography and toning to today's popular music.

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!

Energy Pump: Challenges all major muscle groups with movements like squats, presses, lifts & curls. Uses barbells & plates.

HIIT the Ropes: Uses Battle Ropes - heavy ropes, anchored to the wall. Create a series of wave motions for a full body workout. ***NO CLASS AUGUST 24TH***

Mat Pilates: Gentle, yet challenging, non-impact strength and toning.

MMA Remix: A circuit style class that incorporates kick boxing, punching bags, cardio & MMA style training. Bring your own gloves and get ready to sweat.

Poolside Yoga: Warm yoga is a series of poses done in a heated environment. Allows for increased flexibility.

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: A full body workout using mats and hand weights.

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 your whole body. Class may walk outside - weather dependent.

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