CITY OF MASSILLON
PARKS AND RECREATION

November Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Splash & Tone (Lee) 8:00-8:45 AM	**Splash & Tone** (Lee) 8:00-8:45 AM	**Splash & Tone** (Lee) 8:00-8:45 AM	**Splash & Tone** (Lee) 8:00-8:45 AM	**Kettlebell** (Bruce) 10:00-10:50 AM	
Silver Sneakers Circuit (Lee) 9:00-9:45 AM	**Water Stretch & Balance** (Lee) 8:50-9:20 AM	**Silver Chair Pilaties** (Lee) 9:00-9:45 AM	**Water Stretch & Balance** (Lee) 8:50-9:20 AM	**Tai Ji Quan** (Bruce) 11:00-11:50 AM	**Zumba Gold** (Allison) 10:00-10:50 PM
Chair Stretch & Balance (Lee) 9:50-10:35 AM	**Kettlebell** (Bruce) 10:00 -10:50 AM	**Silver Sneakers Circuit** (Lee) 9:50-10:35 AM	**Silver Sneakers EnerChi** (Bruce) 10:00-10:50 AM	**Meditation** (Bruce) 12:00-12:25 PM	**Silver Sneakers Tai Chi** (Lee) 11:00-11:30 AM
Mat Pilates (Ashley) 12:00-12:35 PM	**Tai Ji Quan** (Bruce) 11:00-11:50 AM	**Chair Stretch & Balance** (Lee) 10:40-11:25 AM	**Silver Sneakers Classic** (Bruce) 11:00-11:50 AM	**Silver Chair Yoga** (Lee) 2:00-2:45 PM	**Express Silver Sneakers Circuit** (Lee) 11:40-12:10 PM
Mat Yoga (Lee) 2:30-3:20 PM	**Hardcore** (Ashley) 6:00-7:00 PM	**Mat Pilates** (Ashley) 12:00-12:35 PM	**Chair Yoga** (Lee) 1:00- 2:00 PM	**Dance2Fit** (Leyna) 5:30- 6:20 PM	**Express Chair Pilates** (Lee) 12:20-12:50 PM
Zumba **MULTI-A** (Lori) 5:45- 6:35 PM	**Zumba** **MULTI-A** (Lori) 5:45- 6:35 PM		**Mat Yoga** (Lee) 2:30-3:20 PM		**Chair Stretch & Balence** (Lee) 1:00-1:30 PM
			Dance2Fit (Leyna) 5:00- 5:50 PM		
			Zumba **MULTI-A** (Lori) 5:45- 6:35 PM		
			Hardcore (Ashley) 6:00- 7:00 PM		

The current fitness schedule can be picked up at our front desk or viewed on our website : www.massillonparks.com

All classes are held in the studio UNLESS noted low participation may cause a class to be cancelled
Classes may change monthly

Group Fitness Classes

CLASS	DESCRIPTION	INTENSITY LEVELS
Splash & Tone	Low –impact cardio and strength training using water dumbbells, noodles, and other water equipment. Gentle on joints and fun for all fitness levels. No swimming! Just let the water support your weight.	Low to Moderate
Aqua Zumba	A high–energy aquatic "Pool Party" that combines Latin-infused music and dance moves that Zumba® is known for with traditional elements of aqua fitness classes. Aqua Zumba gives participants all the benefits of a full	Moderate
Aqua FIT	Join us for a water aerobics class designed to challenge you from head to toe! Build cardiovascular strength and tone muscles in this multi-level, high-intensity class without impact on your joints. This class will use a blend of cardio routines, wall, work, strength training, and stretching.	High
Water Stretch and Balance	Stretch muscles safely in the water and protect joints by using the buoyancy provided by the water. Feel the lengthening and strengthening of all major and minor muscle groups and reduce discomfort in everyday activities. Strengthen core muscles to improve your balance, posture, and general well-being.	**Low**
Kettlebell	Improve cardiovascular fitness while targeting strength, balance, and agility. This class offers various aerobic exercises and powerful kettlebell moves to increase muscular strength, improve posture, and amp up cardio endurance.	All Levels
Adaptive Yoga	Yoga class designed for individuals with neurological conditions, Parkinson's, or other disabilities. This supportive class focuses on flexibility, balance, strength, and relaxation—tailored to meet you where you are.	**All Levels**
Tai Ji Quan	**Learn 8 forms based in Yang-style Tai Chi. Paired with additional Mini-Therapeutic Movements, each form has been modified to increase the strength, balance, and flexibility of older adults with a higher risk for falls.**	**All Levels**
Silver Fitness Programs	**Our Silver Fitness Programs are innovative health, exercise, & wellness programs to help senior adults live healthy & active lifestyles through physical activity & social interaction.**	**Low**
Chair Pilates Chair	**Tone your abs in the chair using your body weight, compression ball, and other fitness equipment. Use a chair for balance as you tone the rest of your core, including your legs and back.**	**Low**
Stretch & Balance	**Increase your range of motion, strength, and flexibility through gentle stretches done in the chair. Relieve muscle aces from head to toe. Learn techniques to improve your balance.**	**Low**
Mat Yoga	**A gentle flow designed to strengthen and stretch muscles, increase range of motion, and improve balance for fall prevention. Breathing techniques enhance cognitive abilities and pain management for greater well-being.**	**Low**
Silver Sneakers Classic	**A variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Fitness ball are offered for resistance and a chair is used for seated and standing support.**	**Low**
Silver Sneakers Circuit	**Low-impact choreography alternated with standing upper and lower body strength work with hand-held weights, elastic tubing with handles and a Silver Sneakers ball. A chair is available for standing support, specific seated exercises and stretches.**	**Low**
Silver Sneakers Enerchi	Modified tai chi forms in a slow, flowing sequence to progress balance and focus. A chair is offered for standing support.	
Tone It Up	**Tone It Up fitness class offers head to toe body conditioning exercises to improve muscular physique, strength, and endurance in all major muscle groups. Low impact cardio combined with the use of hand weights, resistance tubes, stability balls, and body bars will enhance posture, increase bone density, stabilize joints, and increase strength. All levels welcome.**	**All Levels**
Silver Sneakers Tai Chi	**Often called "meditation in motion", it is a gentle form of exercise that can help you maintain strength, balance and flexibility**	**Low**
Dance2Fit	**Dance2Fit uses various types of popular hip-hop music to create an aggressive but rewarding full body workout**	**High**
Gentle Yoga	**Great for beginners, seniors or a gentle refresher. Postures, gentle stretches, breathing exercises & relaxation skills at your own pace.**	**Low**
Pilates Express	**Take a break from your day with lunch time Pilates. This 35 minute class is designed to get the blood pumping, tone, lengthen, strengthen your body focusing on your core, butt, and arms.**	**All Levels**
Tai Ji Quan	**A research-based balance training regimen designed for older adults and people with balance disorders.**	
Yoga	**Perfect for all levels. Find balance, calm your mind, relax your body & improve flexibility.**	**Low**
Meditation	**Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a intensity. This class will focus on balance, range of motion, and coordination.**	**Low to Moderate**
Rock Bottom	**Total body workout focusing on sculpting your booty, legs, and abs.**	**Moderate**
Zumba	**Tone & sculpt while burning fat in this fusion of hypnotic musical rhythms & tantalizing moves to create a dynamic workout designed to be fun & easy to do.**	**Moderate**
Zumba Step	**This class is a 50/50 combination of Zumba & Zumba Step. It combines the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba brings to the dance floor. Zumba Step increase cardio and calorie burning, while adding moves that define and sculpt your core and legs.**	**Moderate to High**
Senior Interval	**A inverval mix of strength and cardio exersices**	**Moderate to High**
Kettlebell Intro	Chair-based kettlebell training focusing on the foundations and fundamentals of basic kettlebell exercises that help prepare participants for the regular kettlebell training class. It can also be used as a warmup for the regular kettlebell training class. The purpose of this class is to help participants improve their strength and cardio fitness and build confidence utilizing lighter weights at a slower pace.	**Low**
Hardcore	**Burn up to 600 calories while strengthening & toning those core muscles by using a variety of equipment including body bars, TRX, and more.**	**High**

Classes in Blue Letters are Silver Fitness/ Sneakers Classes