



Massillon Recreation Center Land & Aquatic Fitness Class Schedule



Fall Session 1: Aug 31-Oct 5 (no class 9/7)
Saturday Session 1: Sept 5-Oct 10

Fall Session 2: Oct 12-Nov 13
Saturday Session 2: Oct 17-Nov 21

MON	TUE	WED	THU	FRI	SAT
8:30 am-9:15 am Aqua Fit		8:30 am-9:15 am Aqua Fit	6:15-7:15 am AM Yoga		9:15 am-10:00 am H2O Boot Camp
8:30-9:30 am Stability Ball	9:15-10:00 am Buns, Legs & Torso	8:30-9:30 am Stability Ball	9:15-10:00 am Buns, Legs & Torso		10:15-11:15 am Turbo Kick
9:15 am-10:00 am Wave Runner	9:15 am-10:00 am Baby & Me Aquatic Workout	9:15 am-10:00 am Wave Runner	9:15 am-10:00 am Baby & Me Aquatic Workout	9:15 am-10:00 am Wave Runner	
10:15 am-11:00 am Arthritis Foundation Aqua Exercise	10:15 am-11:00 am Aqua Fitness Medley	10:15 am-11:00 am Arthritis Foundation Aqua Exercise	10:15 am-11:00 am Aqua Fitness Medley	10:15 am-11:00 am Arthritis Foundation Aqua Exercise	
10:30-11:15 am Baby & Me Fitness		10:30-11:15 am Baby & Me Fitness			
11:15 am-12:00 pm TNT	11:15 am-12:00 pm Lunchercise	11:15 am-12:00 pm TNT	11:15 am-12:00 pm Lunchercise	11:15 am-12:00 pm TNT	
	12:00 pm-12:45 pm Water Walking		12:00 pm-12:45 pm Water Walking		
5:00-5:45 pm Buns, Legs & Torso		5:00-5:45 pm Buns, Legs & Torso			
5:30-6:45 pm Gentle Yoga	6:00-7:00 pm Body Sculpting	6:00-7:15 pm Gentle Yoga	6:00-7:00 pm Body Sculpting		
6:00-6:45 pm Pilates		6:00-6:45 pm Pilates			
6:00-7:00 pm Step Aerobics (Fall Session 1 only) Fitness Blast (Fall Session 2 only)		6:00-7:00 pm Step Aerobics (Fall Session 1 only) Fitness Blast (Fall Session 2 only)			
7:00-8:00 pm Cardio Dance (Fall Session 1 only) Spinning and Abs (Fall Session 2 only)		7:00-8:00 pm Cardio Dance (Fall Session 1 only) Spinning and Abs (Fall Session 2 only)			
7:00 pm-7:45 pm Water Fitness		7:00 pm-7:45 pm Water Fitness			
7:15-8:30 pm Open Yoga	7:30 pm-8:15 pm Combo Water Workout		7:30 pm-8:15 pm Combo Water Workout		



Fitness Studio



Aquatics Area

Please see other side for class descriptions and prices.

Instructors and class styles may vary.

Class size may be limited based on space and available equipment. If the equipment does not meet your personal requirements, please feel free to bring in your own labeled items.

As is the nature of the aquatic center, multiple programs are in session and we appreciate your awareness.

Massillon Recreation Center Class Descriptions

Costs (Depends on length of classes): Members: \$23-\$42, Taxpayers: \$25-\$36, Non-Taxpayers: \$32-\$58

For more information or to register for a program, contact the Massillon Parks and Recreation Department by phone at 330-832-1621 or in person at 505 Erie Street North in Massillon.

AM Yoga – Start your day calm & refreshed after this class for all skill levels.

Gentle Yoga (Mondays OR Wednesdays) – Students work at their own pace in this class is designed for yoga beginners, seniors, or those who want a gentle refresher.

Open Yoga – All skill levels will benefit from this class. Learn & expand your yoga practice with challenging postures, new breathing techniques & flow of postures.

Aqua Fit - Boost your energy level and increase your strength and flexibility with this low/medium intensity water workout that combines the benefits of aerobic conditioning with resistance training.

Stability Ball - This class is a "ball" for all fitness levels! The stability ball workout improves alignment, stability, strength & flexibility through routines set to music.

Buns, Legs & Torso (day & evening sessions) – Tone all your trouble spots & boost your metabolism by using weights, bands, & other equipment to work your entire body.

Wave Runner - This new high intensity water workout will get your heart rate up, burn calories, and reduce fat with low impact on your joints and muscles by moving through the water incorporating different exercises.

Baby & Me Fitness and Baby & Me Aquatic Workout– Develop a closer connection with your child through exercise. Use your child as resistance in an aerobic & strength training workout to tone your body and reduce your stress on land or in the warm waters of the leisure pool.

Arthritis Foundation Aquatic Exercise Program - The Arthritis Foundation Program is designed to keep your joints moving & improve balance & flexibility while building muscle by allowing you to exercise without putting strain on your joints. It is taught by a certified Arthritis Foundation instructor & is great for arthritis, fibromyalgia & other joint problems.

Aqua Fitness Medley – This shallow water workout will involve intervals of cardiovascular training as well as strength & toning exercises emphasizing flexibility & joint mobility.

TNT - Get an explosive body on your lunch break in this new class designed to trim-n-tone. Boost your metabolism & increase your strength, endurance, & flexibility by building lean muscle.

Lunchercise - This low-impact class is designed especially for a lunchtime workout. It combines aerobic and strength training moves with stretching to increase flexibility, strength, endurance & balance without putting stress on your joints.

Water Walking –Water walking is a great way to exercise while having fun. This instructor-led class is held in the current channel & uses the resistance of the water to build strength. Water shoes are highly recommended.

Body Sculpting – This high-energy, low-impact workout burns fat, flattens abs, & tones your whole body all in one workout! It combines easy, effective moves in fast, fun workouts to keep you motivated.

Pilates – Looking for a fun & effective way to tone up? This class combines traditional mat Pilates with functional training & core stabilization to increase strength & definition while creating lean muscle.

Step Aerobics (Fall Session 1) – Get a full body workout through challenging choreography, power moves & propulsion.

Fitness Blast (Fall session 2) – Get variety & a fabulous workout with this action-packed class that helps you burn calories & shape up your heart. Experience intense cardio & challenging toning by using a different exercise mode each week, including choreographed step aerobics, circuit & interval training, and muscle-toning workouts.

Cardio Dance (Fall Session 1) –Strut & shake through an awesome workout with the dance club's hottest mixes & moves.

Spinning and Abs (Fall Session 2) – This class combines 45 minutes of heart-pumping spinning with 15 minutes of abdominal exercises for that perfectly chiseled body.

Water Fitness – Boost energy levels & increase strength & flexibility through aerobic conditioning and resistance training with noodles, handbells & balls.

Combo Water Workout – This medium/ high intensity class is a total body workout combining aerobics, weight training & flexibility through use of buoyancy & resistive equipment and the water current.

H2O Boot Camp (Saturdays) –This non-weight bearing WET workout uses dumbbells, noodles and kickboards to strengthen every joint and muscle. Break a sweat and burn calories all without any impact on your joints.

Turbo Kick (Saturdays) - This is an addictive workout that combines shadow boxing, kickboxing, sports drills, yoga & dance moves in a party atmosphere, allowing all fitness levels to customize their work-out for the ultimate challenge!