



Massillon Recreation Center Fall Land & Aquatic Fitness Class Schedule

Fall 2: Oct. 3-Nov. 3

Weekend Fall 2: Oct. 15-Nov. 19

Fall 3: Nov. 7-Dec. 13 (no class 11/25 or 12/12)

Weekend Fall 3: Nov. 26-Jan. 14 (no class 12/24 or 12/31)

MON	TUE	WED	THU	FRI	SAT	SUN
8:30-9:30 am Core Strength	8-8:45 am Aqua Fitness Medley	8:30-9:30 am Core Strength	8:00-8:45 am Aqua Fitness Medley		8:15-9am H2O Boot Camp	SilverSneakers classes run on an ongoing basis, but do not have classes on holidays. Please check with your Instructor.
10-10:45 am SilverSneakers MSROM	10-10:45 am SilverSneakers SilverSplash	10-10:45 am SilverSneakers MSROM	10-10:45 am SilverSneakers SilverSplash	10-10:45 am SilverSneakers MSROM	9-9:45 am Zumba*	
	10-11 am Active Adults	11:15 am-noon Zumba*	10-11am Active Adults		10:15-11am Zumba Gold*	
5-6 pm Zumba*	5-6 pm Zumba*	5-6 pm Zumba*	5-6 pm Zumba*	5:30-6:15 pm Zumba* (no class 11/25)		1-2 pm Aqua Zumba*
	5-6 pm Zumbatomic*		5-6 pm Zumbatomic*	<p>*These classes follow the schedule below:</p> <p>Fall 2: Oct. 10-Nov. 13 Fall 3: Nov. 14-Dec. 18 (no class 11/25 or Saturdays)</p>		2-3 pm Zumba Toning*
5:30-6:45 pm Gentle Yoga			5:30-6:45 pm Gentle Yoga			<p>Class Make Up Policy</p> <p>No make ups will be allowed for personal absences. Any class is canceled by the Massillon Parks and Recreation Department can be made up by attending another fitness class of your choice during that session. Classes are subject to availability and equipment limitations.</p>
5:30-6:15 pm Water Aerobics	5:30-6:15 pm Combo Water Workout	5:30-6:15 pm Water Aerobics	5:30-6:15 pm Combo Water Workout			
	6:15-7:00 pm Aqua Zumba*		6:15-7:00 pm Aqua Zumba*			
6:00-6:45 pm Pilates	7:15-8:00 pm Zumba Toning*	6:00-6:45 pm Pilates	7:15-8:00 pm Zumba Toning*	 <p>Fitness Studio</p>  <p>Aquatics Area</p>		
6:00-7:00 pm Step & Tone (Fall session 2 only) Circuit Training (Fall session 3 only)	6:00-7:00 pm Body Sculpting	6:00-7:00 pm Step & Tone (Fall session 2 only) Circuit Training (Fall session 3 only)	6:00-7:00 pm Body Sculpting			
7:15-8:00 pm Cardio Drill (Fall session 2 only) Cardio Dance (Fall session 3 only)	7:00-7:45 pm Total Body Makeover	7:15-8:00 pm Cardio Drill (Fall session 2 only) Cardio Dance (Fall session 3 only)	7:00-7:45 pm Total Body Makeover			
7:15-8:30 pm Open Yoga	8:00-8:45 pm Boot Camp		8:00-8:45 pm Boot Camp			

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 (depend on length of class): Members: \$20-\$30, Taxpayers: \$23-\$33, Non-Taxpayers: \$30-\$42

Ask about our One Day Trial Classes, our Fitness Class Passes and NEW Drop-in Rates!

ALL AQUATIC FITNESS CLASSES CAN ALSO BE TAKEN FOR A \$5 DROP IN FEE ANYTIME!

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.

Core Strength – Replace your muffin top with a lean waistline & sexy six-pack! This class uses stability balls and other exercises to strengthen your core & improve alignment, stability, strength & flexibility.

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

SilverSneakers® Muscular Strength & Range of Movement (MSROM) - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand weights, elastic tubing, & balls are offered for resistance and chairs are used for support.

SilverSneakers® SilverSplash® - Activate your aquatic side with these fun, shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required & special SilverSneakers® kickboards are used to develop strength, balance & coordination.

Active Adults – Increase strength & flexibility with functional exercises designed for active adults & set to your favorite music.

Zumba (Basic) **NEW Classes: Zumbatomics (Kids), Aqua Zumba (Pool), Zumba Toning (Adds weights) & Zumba Gold (Less Impact)** - Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy to do. The routine features interval training sessions to tone and sculpt your body while burning fat.

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

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

Water Aerobics – Increase cardiovascular fitness, muscle toning & flexibility with this class that includes at least 20 minutes of moderate to high-level intensity. This class is perfect for those new to water aerobics.

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 & Tone (Fall Session 2) – This class combines traditional step aerobics with head-to-toe toning that uses resistance bands, stability balls and free weights to get your body in great shape!

Cardio Circuit Training – Keep your heart rate up and your muscles working for an efficient workout as you progress through these cardio and weight training circuits. Circuit training stations are great for all levels and provide variety to your fitness routine.

Cardio Drill (Fall Session 2) – This class keeps it moving so you get an amazing total body workout in just 60 minutes. It combines cardio, strength training and core-focused moves to tone muscles & burn fat in record time.

Cardio Dance (Fall Session 3) – Strut & shake your way through an awesome workout with the newest moves & hottest mixes.

Tai Chi (Sept. 8-Oct. 6) – The controlled, flowing movements practiced in the class will help reduce stress, quiet your mind and increase your coordination. Tai Chi focuses on the mind-body connection to help tone your body and improves balance.

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.

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.

Total Body Makeover *NEW* - This class will work your entire body. Get your heart rate up and burn fat through low-impact exercises that incorporate free weights and controlled body movements to build lean muscle. You'll be fit, trim and toned all over!

Boot Camp – This high intensity class for those who currently workout on a regular basis will challenge your body with fast paced circuit workouts, including sit-ups, push ups, cardio exercises and weight stations. Bring a towel & water bottle & get ready to sweat!

H2O Boot Camp – 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.