





# Massillon Recreation Center Spring Land & Aquatic Fitness Class Schedule



**Land Session 1:** March 14-April 15  
**Land Session 2:** April 18-May 20

**Aquatic Session 1:** March 28-April 28  
**Aquatic Session 2:** May 2-June 2 (no class 5/30)

MON	TUE	WED	THU	FRI	SAT
					8:15-9:00 am <b>H2O Boot Camp</b> (April 2-May 7)
		9:00-9:45 am <b>Zumba Gold</b>			
	10:15 -11:00 am <b>Aqua Fitness Medley</b>		10:15-11:00 am <b>Aqua Fitness Medley</b>		
		11:00-11:45 am <b>Zumba</b>			
5:00-6:00 pm <b>Zumba</b>	5:00-6:00 pm <b>Stability Ball</b>	5:00-6:00 pm <b>Zumba</b>	5:00-6:00 pm <b>Stability Ball</b>	<div style="text-align: center;">   <b>Fitness Studio</b> </div> <div style="text-align: center; margin-top: 20px;">   <b>Aquatics Area</b> </div>	
5:30-6:45 pm <b>Gentle Yoga</b>		6:00-7:15 pm <b>Gentle Yoga</b>			
6:00-6:45 pm <b>Pilates</b>	6:00-7:00 pm <b>Body Sculpting</b>	6:00-6:45 pm <b>Pilates</b>	6:00-7:00 pm <b>Body Sculpting</b>		
6:00-7:00 pm <b>Fitness Blast</b> <small>(Land session 1 only)</small> <b>Step &amp; Sculpt</b> <small>(Land session 2 only)</small>		6:00-7:00 pm <b>Fitness Blast</b> <small>(Land session 1 only)</small> <b>Step &amp; Sculpt</b> <small>(Land session 2 only)</small>			
7:00-8:00 pm <b>Turbo Kick</b> <small>(Land session 1 only)</small> <b>Sculpting &amp; Abs</b> <small>(Land session 2 only)</small>	7:00-8:00 pm <b>Hip Hop Dance</b>	7:00-8:00 pm <b>Turbo Kick</b> <small>(Land session 1 only)</small> <b>Sculpting &amp; Abs</b> <small>(Land session 2 only)</small>	7:00-8:00 pm <b>Hip Hop Dance</b>		
7:15-8:30 pm <b>Open Yoga</b>	7:30-8:15 pm <b>Combo Water Workout</b>		7:30-8:15 pm <b>Combo Water Fitness</b>		
7:30-8:15 pm <b>Aquatic Kickboxing</b>	8:00-8:45 pm <b>Boot Camp</b>	7:30-8:15 pm <b>Aquatic Kickboxing</b>	8:00-8:45 pm <b>Boot Camp</b>		

**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.

**Class Make Up Policy:** 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.

## Massillon Recreation Center Class Descriptions

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

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.

***Ask about our One Day Trial Classes and our NEW Fitness Class Passes!***

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

**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.

**Zumba \*NEW\*** - 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 where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

**Zumba Gold \*NEW\*** - Zumba Gold takes hypnotic musical rhythms and tantalizing moves of Zumba and modifies the moves and pacing to suit those who want a lower impact workout or are new to the Zumba craze. It is still a great class to tone and sculpt your body while burning fat and having fun.

**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.

**Fitness Blast** (Land Session 1) – Get variety & a fabulous workout with this action-packed class that helps you burn calories & shape up your heart. You'll experience intense cardio & challenging toning by using a different exercise mode each week, including step aerobics, muscle-toning workouts, circuit & interval training.

**Step & Sculpt** (Land Session 2) – Get a full-body, heart pumping step aerobic workout with challenging choreography then finish your workout with weight training to increase muscle tone & metabolism.

**Turbo Kick** (Land Session 1) – This 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!

**Sculpting & Abs** (Land Session 2) – Burn fat and tone your whole body with high energy, body sculpting moves with a special focus on your abs for that killer 6-pack.

**Aquatic Kickboxing** – This water workout integrates kicks, punches and martial arts combinations with high-intensity aerobic conditioning & core strengthening. It's the most fun you can have in a pool!

**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.

**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.

**Hip Hop Dance \*NEW\*** – Bust a move to modern hip hop beats while learning cool, new dance routines to popular songs. You will have so much fun, you'll forget you are working out! No prior dance experience necessary.

**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.

**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** (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.