




Massillon Recreation Center Land & Aquatic Fitness Class Schedule



Spring Session 1: March 15-April 16
Saturday Session 1: April 3-May 8

Spring Session 2: April 19-May 21
Saturday Session 2: May 15-June 19

MON	TUE	WED	THU	FRI	SAT
6:00-6:50 am Land Meets Water Fitness		6:00-6:50 am Land Meets Water Fitness	6:15-7:15 am AM Yoga		9:15-10:00 am H2O Boot Camp
8:30-9:30 am Stability Ball		8:30-9:30 am Stability Ball			9:15-10:15 am Pilates (Sat. Session 1 only) Core Challenge (Sat. session 2 only)
9:45-10:45 am Working Out with Uncle Milty	10:15 -11:00 am Aqua Fitness Medley	9:45-10:45 am Working Out with Uncle Milty	10:15-11:00 am Aqua Fitness Medley		10:15-11:15 am Step Saturdays (Sat. Session 1 only) Spinning & Abs (Sat. Session 2 only)
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	 Fitness Studio	
6:00-6:45 pm Pilates		6:00-6:45 pm Pilates			
6:00-7:00 pm Fitness Blast		6:00-7:00 pm Fitness Blast			
7:00-8:00 pm Spinning & Abs	7:00-8:00 pm Fitness Boot Camp	7:00-8:00 pm Spinning & Abs	7:00-8:00 pm Fitness Boot Camp	 Aquatics Area	
7:15-8:30 pm Open Yoga	7:30-8:15 pm H2O Boot Camp & Turbo Kick Challenge		7:30-8:15 pm H2O Boot Camp & Turbo Kick Challenge		
7:30-8:15 pm Aquatic Kickboxing	7:30-8:15 pm Combo Water Fitness	7:30-8:15 pm Aquatic Kickboxing		7:30-8:15 pm Combo Water Fitness	

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 that falls on a holiday when our building is closed or 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.

One Day Trial Classes

See a class you aren't sure about? Try it for one day for only \$5 (\$7 for cycling classes)! If you sign up for the class afterwards, we'll apply that \$5 towards the price of the class! This is only available for classes that are not full and may only be used once for each class.

Massillon Recreation Center Class Descriptions

Costs (depend on length of class): Members: \$20-\$30, Taxpayers: \$22-\$33, Non-Taxpayers: \$28-\$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.

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.

Land Meets Water Cardio Class *NEW* – Get your heart pumping & break a sweat with land & water exercise. Mondays we'll kick & punch away calories with aquatic kickboxing in the pool. Wednesdays, enjoy a cardio blasting workout with intense cardio & strength training using step aerobics, circuit & interval 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.

Working out with Uncle Milty *NEW* – Hollie will guide you through Milton Berle's low impact, high comedy workout video set to great 50s music. Keep in shape and get yourself energized with this fun workout.

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

Pilates (Monday & Wednesday OR Saturday Session 1) – 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 – 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.

Spinning & Abs (Spring Session 2 OR Saturday Session 2) - This class combines 45 minutes of heart-pumping spinning with 15 minutes of abdominal exercises for that perfectly chiseled body.

Aquatic Kickboxing *NEW* – 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!

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.

Fitness Boot Camp *NEW* – This high intensity class is for men & women who currently workout on a regular basis and 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 & Turbo Kick Challenge *NEW* – Get the best Land & Aquatic workout with Turbo Kick on Tuesdays and H2O Boot Camp on Thursdays. Turbo Kick combines shadow boxing, kickboxing, sports drills, yoga & dance moves in a party atmosphere. H2O Boot Camp is a non-weight bearing, wet workout using dumbbells, noodles & kickboards to strengthen every joint and muscle.

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.

Step-It-Up Saturdays *NEW* (Saturday Session 1 only) – Start your weekend off on the right foot with fun step routines using challenging choreography to get your heart pumping & give you a full body workout.

Core Challenge *NEW* (Saturday Session 2 only) – Strengthen your abdominals, back, glutes & waistline. This workout will improve your overall functional strength, balance & coordination while toning & reshaping your body for a leaner, sexier you!