





Massillon Recreation Center Land & Aquatic Fitness Class Schedule



Summer Session 1: May 31-July 9 (no class 5/31)
Saturday Session 3: June 26-July 31

Summer Session 2: July 12-Aug 20
Saturday Session 4: Aug 7-Sept 11

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 (Summer 1 only)	7:00-7:45 am Tai Chi (Summer 1 only)	8:30-9:30 am Stability Ball (Summer 1 only)			10:15-11:15 am Cardio Boot Camp (Sat. Session 3 only) Turbo Kick (Sat. Session 4 only)
9:45-10:45 am Working Out with Uncle Milty (Summer 1 only)	10:15 -11:00 am Aqua Fitness Medley	9:45-10:45 am Working Out with Uncle Milty (Summer 1 only)	10:15-11:00 am Aqua Fitness Medley		12:00-1:00 pm Total Body Makeover
5:30-6:45 pm Gentle Yoga	6:00-7:00 pm Body Sculpting (Summer 1 only)	6:00-7:15 pm Gentle Yoga	6:00-7:00 pm Body Sculpting (Summer 1 only)	5:30-6:30 pm Total Body Makeover	
6:00-6:45 pm Pilates		6:00-6:45 pm Pilates		 Fitness Studio  Aquatics Area	
6:00-7:00 pm Step & Toning (Summer 1 only) Fitness Blast (Summer 2 only)		6:00-7:00 pm Step & Toning (Summer 1 only) Fitness Blast (Summer 2 only)			
7:00-8:00 pm Cardio Drill (Summer 1 only) Cardio Dance (Summer 2 only)	7:00-8:00 pm Fitness Boot Camp	7:00-8:00 pm Cardio Drill (Summer 1 only) Cardio Dance (Summer 2 only)	7:00-8:00 pm Fitness Boot Camp		
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 (Summer Session 1) – 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* (Summer Session 1) – Hollie will guide you through Milton Berle's low impact, high comedy workout video set to great 50s music. Keep in shape & 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 – 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 & Toning (Summer Session 1) – 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!

Fitness Blast (Summer Session 2) – 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.

Cardio Drill (Summer Session 1) – 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 (Summer Session 2) – Strut & shake through an awesome workout with the club's hottest mixes & moves!

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 (Summer Session 1) – 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.

Total Body Makeover *NEW* (Fridays OR Saturdays) - This class will work your core, arms, shoulders, back, buns, legs and thighs. 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 leave class feeling fit, trim and toned all over!

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.

Cardio Boot Camp *NEW* (Saturday Session 3) – This high-intensity, interval based class provides an overall aerobic workout with intense training circuits of cardio and weights!

Turbo Kick (Saturday Session 4) – 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!