

July Fitness Class Schedule

Monday

Classes in blue are in the water in the lap pool.



SilverSneakers Yoga
 (Lee) 1:00-2:00 pm

Rock Bottom
 (Ashley) 5-5:50pm

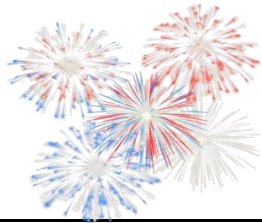
Gentle Yoga
 (Bob) 5:30-6:45pm
 Community -B

Tuesday

Splash & Tone
 (Lee) 8:15-9:00am

Aqua Yoga
 (Lee) 9:10-9:55am

Silver Sneakers Classic
 (Lee) 10:00-10:50am



Zumba
 (Velinda) 5-5:50pm

Combo Water Workout
 (Melissa) 6:00-6:45pm

Hardcore
 (Ashley) 6:00-7:00pm

Open Yoga
 (Bob) 6-7:15pm
 Community - B

Wednesday

SilverSneakers Classic
 (Lee) 11:15am-12:05pm



**Try POUND for Free
 for the month of July
 on Wednesday's!**

POUND/YOGA
 (Ashley) 6-7:00pm
 Multi-A

Thursday

Splash & Tone
 (Lee) 8:15am-9:00am

Aqua Yoga
 (Lee) 9:10-9:55am



Silver Chair Yoga
 (Bob) 2:30-3:30pm

Zumba
 (Velinda) 5-5:50pm

Combo Water Workout
 (Melissa) 6-6:45pm

Hardcore
 (Ashley) 6-7:00pm

Friday

NEW
Power Yoga
 (Sammy) 5pm- 6pm

Saturday

NEW
Zumba Toning
 (Brittini) 10:15am-11:15am

Passionate about fitness or know someone who is? The Massillon Recreation Center is currently looking for qualified group fitness and Silver Sneakers Instructors. Apply at the Rec toay!

**Classes are held in the Studio unless otherwise noted*

**Please bring a bottle of water to class*

**Classes subject to cancel due to low participation*

**Please scan or check at front desk for most current schedule*

**Classes subject to change monthly*

**Specialty class pricing listed in class listing, drop-in rates available*

