



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

# FITNESS CLASS SCHEDULE

## TUSCARAWAS COUNTY YMCA

Spring 1 Feb. 20 – April 15	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Schedule is subject to change	5:45 AM Turbo Kick Spinning*	5:45 AM PUMP	5:45 AM Burn Intervals Spinning*	5:45 AM PUMP	5:45 AM Turbo Kick Spinning*		
		8:00 AM Shred		8:00 AM Shred			
<b>SilverSneakers</b> is held in the main gym. Classes are open to all members.	9:00 AM Cardio Class	9:00 AM Boot Camp	9:00 AM Cardio Class	9:00 AM Boot Camp	9:00 AM Zumba*	8:00 AM Zumba*	
	9:30 AM Gentle Yoga*	Spinning*  Fitness Belly Dancing*		Spinning*		Spinning	
<b>Children</b> may attend classes as long as they participate in the class. <b>Childwatch</b> is available and is free for Members. Others may purchase a pass at MSC.	9:45 AM Aqua Grooves*		9:45 AM Aqua Grooves*		Fitness Yoga*	9:30 AM Gentle Yoga*	
	10:30 AM SilverSneakers	10:30 AM Gentle Yoga*	10:30 AM SilverSneakers	10:30 AM Gentle Yoga*	10:30 AM SilverSneakers		
<b>Duration</b> Most classes are approx 30-60 min in length.	10:30 Hydro-Fit*		10:30 Hydro-Fit*				
		1:00 PM Chair Yoga*		1:00 PM Chair Yoga*			4:00 Zumba*
<b>Classes with an (*)</b> asterisk have small fee for Members. Please stop at the Member Service Center to pay and register for all free classes you regularly attend.		2:00 PM Aqua Fit*		2:00 PM Aqua Fit*			
			5:30 PM Yo Ride*	5:30 PM Gentle Yoga*			
Classes are open to non members. For information on fees and registration please stop at the Member Service Center.	5:30 PM Turbo Kick	5:30 PM Fusion	5:30 PM Turbo Kick	5:30 PM Fusion			
		6:00 PM Zumba *		6:00PM Zumba *		Building Closes at 6:00 PM	Building Closes at 6:00 PM
Revised 2/21/12	6:30 PM Shred		6:30 PM Shred				
	7:00 PM Spinning* & Aqua Zumba*	7:00 PM Spinning* Gentle Yoga*	7:00 PM Spinning*	7:00 PM Spinning*			
	Building Closes at 10:00 PM	Building Closes at 10:00 PM	Building Closes at 10:00 PM	Building Closes at 10:00 PM	Building Closes at 10:00 PM		

### TUSCARAWAS COUNTY YMCA

600 Monroe Street, Dover Ohio 44622

**Phone** 330-364-5511 **Fax** 330-364-6291 **Web** www.tuscymca.org



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## CLASS DESCRIPTIONS

### TUSCARAWAS COUNTY YMCA

**PUMP**                      *Approx 60 Min*

Strength training with one minute intervals using multiple muscle groups while targeting the core.

**Burn Intervals**        *Approx 60 Min*

Burst of Cardio, Plyometrics and Core Workout.

**ZUMBA**                    *Approx 60 Min*

Join the party! Easy to follow but exciting Latin dance moves and motivating rhythms allow you to dance while burning lots of calories!

**Spinning**                *All levels     45 Min*

Lower Body/Cardio endurance class. Music motivated, higher intensity, but adaptable to many levels of fitness. Please bring water bottle.

**Fusion**                    *All levels     Approx 60 Min*

Cardio & resistance training with free- weights. Cardio segments include easy to- follow step combinations. 15 min of toning follows.

**Cardio Class**            *All levels     Approx 60 Min*

Fun cardio endurance class which will challenge your body and your brain. Your goal is to work in a maintained aerobic state.

**Turbo Kick**             *All levels     Approx 60 Min*

An addictive workout that combines shadow boxing, kick boxing, sport drills and simple dance moves in a party atmosphere.

**Yo Ride**                    *Approx 60 Min*

30-minutes of an intense ride followed by yoga for strength, flexibility, and relaxation.

**Shred**                     *Approx 45 Min*

45-minute barbell program for able-bodied men and women of all ages and all fitness levels. Matching movement to music and using traditional strength training allows participants to work at their own level.

**SilverSneakers**        *Beginner     45 Min Cardio*

Chair exercise class for beginners, seniors, or special needs. Fun and easy to follow. Great music and fellowship.

**Gentle Yoga**            *All levels     Approx 60 Min*

Wonderful class to release stress, improve body alignment and flexibility. Relaxing, soothing music, gentle postures, ends with meditation.

**Fitness Yoga**            *Approx 60 Min*

This class concentrates on body alignment, strength and flexibility. Challenging postures, deep stretches, fat burning, ends with meditation.

**Chair Yoga**              *Approx 60 Min*

Gentle yoga class. Great for all levels. You have the support of the chair and never have to get down on the floor.

**Aqua Fitness**            *All levels*

Gentle exercise for increasing range of motion, strengthening, conditioning and pain reduction.

**Aqua Zumba**            *All levels*

Invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines.

**Aqua Groves**            *All levels*

Various abilities join in for fellowship and exercise. Excellent mobility challenges.

**Hydro-Fit**

Deep water toning. Uses the resistance of the water to tone muscles.

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