



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WINTER SESSION 2019

Tuscarawas County YMCA
 600 Monroe Street, Dover
 330-364-5511 www.tuscymca.org
 Find us on facebook

Fitness Class Schedule (Cardio, Strength, Spinning & Yoga Fitness) Schedule is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM Spin Circuit Style Karen Phillips & Intensify (Cardio / Strength) (Tabata, HIIT Style) Michelle Levitt (Aerobics Room)	5:30 AM Interval Training (Strength) (30-60 Second Stations, short rest) Terri Hupp (Aerobics Room)	5:30 AM Spin Classic Style Dan Lanzer & Intensify (Cardio / Strength) (Kick, Tabata, HIIT Style workouts) Kelly Vanarsdalen (Aerobics Room)	5:30 AM Interval Training (Strength) (30-60 Second Stations, short rest) Terri Hupp (Aerobics Room)	5:30 AM Spin Classic Style Dan Lanzer & Variety Class Alternating Styles & Instructors Kelly Vanarsdalen Ashley Wagner Nicole Sears (Aerobics Room)	
8:00-8:55 AM LaBlast (Dance Cardio) Chris Sulzener (Aerobics Room)	8:00-8:45 AM Shred (Strength) (Weights & More) Jason Eick (Aerobics Room)	8:00-8:45 AM Get Fit Cardio Kori Leavers (Aerobics Room)	8:00-8:45 AM Shred (Strength) (Weights & More) Jason Eick (Aerobics Room)		8:00 AM Spinning Jim Cahill
9:00 AM Every Body Fitness (low impact classic cardio) Rachel Bolek (Aerobics Room)	9:00 AM Spin Classic Style Jim Cahill & Gentle Yoga* Kathleen Johnson (Chapel)	9:00 AM Every Body Fitness (low impact classic cardio) Rachel Bolek (Aerobics Room)	9:00 AM Spin Classic Style Jim Cahill & Gentle Yoga* Kathleen Johnson (Chapel)	9:00 AM Zumba Fitness (cardio) Jen Demuth (Aerobics Room)	9:00-10 AM Power Mix (Cardio / Strength) Kori Leavers (Aerobics Room)
9:30 AM Gentle Yoga* Sally Warner (Chapel)	9:30 AM Boot Camp (Cardio / Strength) Jackie Proctor (Aerobics Room)		9:30 AM Boot Camp (Cardio / Strength) Jackie Proctor (Aerobics Room)	9:30 AM Fitness Yoga* Mary Marshall (Chapel)	
10:30 AM SilverSneaker Classic Class Steph Wills (Main Gym) & Enhance Fitness Angela Singhaus (Aerobics Room) Registration Required	10:30 AM Chair Yoga (Free for Members) Barbara Tschudy (Chapel)	10:30 AM SilverSneaker Classic Class Steph Wills (Main Gym) & Enhance Fitness Angela Singhaus (Aerobics Room) Registration Required	10:30 AM Chair Yoga (Free for Members) Colleen Martini (Chapel)	10:30 AM SilverSneaker Classic Class Steph Wills (Main Gym) & Enhance Fitness Angela Singhaus (Aerobics Room) Registration Required	

5:30 PM Intensify Cardio (Kick Box Cardio) Nicole Sears (Aerobics Room)	5:30 PM Fusion (Circuit) (Step / Weights) Combo Elaine Booth (Aerobics Room)	5:30 PM Intensify Core (Abs and Legs) Elaine Booth (Aerobics Room)	5:30 PM Fusion (20/20/20) (Step / Kettlebell, Stability Ball) Jennifer Stewart (Aerobics Room)
6:00 PM Spin Classic Style John Kelly (Spin Studio)	6:00 PM Spin Classic Style Sarah Lanzer (Spin Studio)		6:00 PM Spin Classic Style (Spin Studio) Jeff Lanzer & Gentle Yoga* Aubrey Gealsha (Chapel)
6:30 PM Shred (Strength) Jason Eick (Aerobics Room)	6:30 PM Zumba (Cardio) LouAnne Weekly (Aerobics Room)	6:30 PM Shred (Strength) Jason Eick (Aerobics Room) & Zumba (Cardio) Jen Demuth (Multipurpose Room)	Watch Fitness Flyers For Any Special Class Offerings in the Aerobics Room Throughout The Session

Children may attend classes as long as they can participate.

Childwatch is available and is free for Members. Others may purchase a pass at MSC. Classes are open to the community. Fitness Pass Available

(*) Yoga \$3 per day for Members \$8 per day for Others Please use the Pay-Per Day Pricing or Session Registration Pricing for Members and Others. Stop at our front desk for details.

See Program Guide for more details.

Water Aerobics, Water Yoga and Deep Water Exercise Schedule is subject to change

Twinges Arthritis Class (Small Pool)

M/W/F 8:15 AM
 M/W/F 9:15 AM
 M/W 10:00 AM
 M/W 10:45 AM
 M/W 11:30 PM

Pricing
Twinges
AquaAerobics
Hydro Fit
Aqua Fit

(See Program Guide for more details)
 Members FREE / Others Pay by Session
 Members \$2 / Others \$7
 Members FREE / Others Pay by Session
 Members FREE / Others Pay by Session

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM AquaAerobics* (low intensity) Daylene Herman (Large Pool)	9:00 AM AquaAerobics* (cardio) Ryan Hursey (Large Pool)	9:00 AM AquaAerobics* (low intensity) Daylene Herman (Large Pool)	9:00 AM AquaAerobics* (cardio) Stacy Harlan (Large Pool)	9:00 AM AquaAerobics* (low intensity) Daylene Herman (Large Pool)
10:30 AM HydroFit Deep Water (Large Pool)		10:30 AM HydroFit Deep Water (Large Pool)		10:30 AM HydroFit Deep Water (Large Pool)
	1:00 PM & 2:00 PM Aqua Fit (Small Pool)		1:00 PM & 2:00 PM Aqua Fit (Small Pool)	
7:00 PM AquaAerobics* (cardio) Kathleen Johnson & Ryan Hursey (Large Pool)	7:00 PM Aqua Yoga* Kathleen Johnson (Small Pool)		7:00 PM Adult Advanced Swim* (Large Pool)	



LOW IMPACT CLASSES, HIGH IMPACT RESULTS

ENHANCE@FITNESS PROGRAM

IT'S ALL ABOUT YOU!

- You Set Your Goals / We Measure Your Success
- Class Meets 3x a Week
- Emphasis on Strength, Flexibility, Movement & Balance.

Geared toward older adults, and those with a chronic condition, such as arthritis. We have chairs you can use for support, if necessary. When you're ready you can add soft ankle and hand weights to your workout.

3x a Week / 16 Weeks / Plus 2 Fitness Assessments

Must Register to Participate! Y Members FREE / Others \$140 (Only \$3 per day)

Mon/Wed/Fri 10:30 AM

Class held in the Aerobics Room - All Equipment Provided!

Interested in hosting a class site? Contact Teresa Shultz at the Y 330-364-5511

teresa@tuscymca.org

EnhanceFitness has been nationally recognized by the Centers for Disease Control and Prevention, US Department of Health and Human Services, US Administration on Aging, and the National Council on Aging.



**MODIFIED
MOVES
MAXIMUM
RESULTS**

Enhance@Fitness

PERSONAL TRAINING

Workouts are tailored to Your Goals/Your Needs/Your Potential. Customize Your Experience by choosing your program duration, style & budget.

We put the "Personal" in personal training!



Also Available from our YMCA Trainers See Program Guide for Details

- Small Group Training
- Commit 2 Be Fit 12 WK Fitness Program
- Free Fitness Start Up Session
- Wellness Lectures

2018 Pricing	FAM	ADULT
INDIVIDUAL	BY APPOINTMENT ONLY	
1 Session	\$28	\$30
4 Sessions (Save 5%)	\$107	\$114
8 Sessions (Save 10%)	\$201	\$216
12 Sessions (Save 20%)	\$269	\$288
30 Minute Motivator <small>1 Session/Package Rates Available</small>	\$20	\$22
BUDDY 1 hr/2 people <small>1 Session/Package Rates Available</small>	\$43	\$45
YOUTH PERSONAL TRAINING <small>30 MIN</small>	Family Member \$18 Youth Member \$20 Other \$36	