



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

FITNESS CLASS SCHEDULE

TUSCARAWAS COUNTY YMCA

Winter 1 Jan. 2 – Feb. 19	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 Turbo Kick Spinning*	5:45 AM PUMP	5:45 AM Turbo Kick Spinning*		
		8:00 AM Shred		8:00 AM Shred			
SilverSneakers is held in the main gym. Classes are open to all members.	9:00 AM Cardio Class	9:00 AM Boot Camp Spinning*	9:00 Cardio Class	9:00 AM Boot Camp Spinning*	9:00 AM Zumba*	8:00 AM Zumba*	8:00 AM Zumba*
	9:30 AM Gentle Yoga*	Fitness Belly Dancing					9:30 AM Gentle Yoga*
Children may attend classes as long as they participate in the class.	9:45 AM Aqua Grooves*		9:45 AM Aqua Grooves*		Fitness Yoga*		
						9:30 AM Gentle Yoga*	
Childwatch is available and is free for Members. Others may purchase a pass at MSC.	10:30 AM SilverSneakers	10:30 AM Gentle Yoga*	10:30 AM SilverSneakers	10:30 AM Gentle Yoga*	10:30 AM SilverSneakers		
	10:30 Hydro-Fit*	Senior Circuit*	10:30 Hydro-Fit*	Senior Circuit*			
Duration Most classes are approx 30-60 min in length.		1:00 PM Chair Yoga*		1:00 PM Chair Yoga*			4:00 Zumba*
		2:00 PM Aqua Fit*		2:00 PM Aqua Fit*			
Classes with an (*) asterisk have small fee for Members. Please stop at the Member Service Center to pay and register for all free classes you regularly attend.				5:30 PM Gentle Yoga*			
	5:30 PM Cardio Class	5:30 PM Fusion	5:30 PM Turbo Kick	5:30 PM Fusion			
Classes are open to non members. For information on fees and registration please stop at the Member Service Center.		6:00 PM Zumba *		6:00PM Zumba *		Building Closes at 6:00 PM	Building Closes at 6:00 PM
	6:30 PM Shred	6:30PM Ultimate Fit	6:30 PM Shred	6:30 PM Ultimate Fit			
Revised 12/30/11	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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLASS DESCRIPTIONS

TUSCARAWAS COUNTY YMCA

PUMP *Approx 60 Min*

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

Ultimate Fit *Approx 45 Min*

Fun, out of the box, exercises designed to challenge your total body.

Burn Intervals *Approx 60 Min*

Burst of Cardio, Plyometrics and Core Workout.

ZUMBA Basic *All Levels Lower Intensity 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..

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.

Hoop *Beginner Approx 30 Min*

Fun fitness with weighted hula hoops.

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.

Senior Circuit *Approx 45 Min*

You will move through a sequence of exercises that deliver a total-body workout that can be completed in 45 minutes.

TUSCARAWAS COUNTY YMCA

600 Monroe Street, Dover Ohio 44622

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