



Massillon Family YMCA

June 25th - July 1st

131 Tremont Ave SE

Massillon, OH 44646

(330) 837-5116

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
5am	Adult Lap Swim Pool 5:45am - 8am	Open Gym Gymnasium 5:45am - 8am	Open Gym Gymnasium 5:45am - 8am	Adult Lap Swim Pool 5:45am - 8:45am			Open Gym Gymnasium 5:45am - 8am
	Open Gym Gymnasium 5:45am - 8am	Adult Lap Swim Pool 5:45am - 8:45am	Adult Lap Swim Pool 5:45am - 8am	Open Gym Gymnasium 5:45am - 8am			Adult Lap Swim Pool 5:45am - 8:45am
		Fit Chix Group Exercise Room Carrie W 5:50am - 6:30am					Fit Chix Group Exercise Room Carrie W 5:50am - 6:30am
7am					Open Gym Gymnasium 7am - 11:45am		
					Adult Lap Swim Pool 7am - 8:45am		
8am	Water Blast Pool Carolyn H 8am - 8:50am	Preschool Gym Time Gymnasium 8am - 9am	Water Blast Pool Carolyn H 8am - 8:50am	Child Care Gym Time Gymnasium 8am - 9am			Preschool Gym Time Gymnasium 8am - 9am
	Preschool Gym Time Gymnasium 8am - 9am	Total Body Fitness Group Exercise Room Christine H 8am - 8:50am	Lap Swim Pool 8am - 6pm	Total Body Fitness Group Exercise Room Christine H 8am - 8:50am			AOA Tabata All-Purpose Room Christine H 8am - 8:50am
	Stretch and Flex Group Exercise Room Christine H 8am - 8:50am	Lap Swim Pool 8:45am - 6pm	Preschool Gym Time Gymnasium 8am - 9am	Lap Swim Pool 8:45am - 6pm			Lap Swim Pool 8:45am - 5:30pm
	Lap Swim Pool 8am - 10am						
9am	Zumba® Toning Group Exercise Room Christine H 9am - 9:50am	Open Gym Gymnasium 9am - 10am	Open Swim Pool 9am - 12pm	Zumba® Gold Group Exercise Room Christine H 9am - 10am	Swim Lessons (\$) Pool 9am - 10:45am		Stretch and Flex Group Exercise Room Christine H 9am - 9:50am
	Open Swim Pool 9am - 10am	Aqua Fit Pool Scott S 9am - 9:50am	Stretch and Flex Group Exercise Room Christine H 9am - 9:50am	Aqua Fit Pool Scott S 9am - 9:50am	Kettlebells Group Exercise Room Moriah S 9:30am - 10:20am		Aqua Fit Pool Scott S 9am - 9:50am
	WOWW -Work Out With Weight Fitness Center Karla F 9am - 9:45am	Zumba® Gold Group Exercise Room Christine H 9am - 10am	Summer Sizzle Boot Camp Gymnasium Karla F 9am - 9:30am	Swim Lessons (\$) Pool 9am - 12pm			Swim Lessons (\$) Pool 9am - 12pm
							Open Gym Gymnasium 9am - 10am
10am	Child Care Gym Time Gymnasium 10am - 11am	Open Swim Pool 10am - 12pm	Child Care Gym Time Gymnasium 10am - 11am	Open Swim Pool 10am - 1:15pm	Total Body Fitness Group Exercise Room Shannon S 10:30am - 11:20am		Child Care Gym Time Gymnasium 10am - 11am

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Massillon Family YMCA
June 25th - July 1st

131 Tremont Ave SE
Massillon, OH 44646
(330) 837-5116

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
		SilverSneakers® Yoga Group Exercise Room Christine H 10am - 10:50am	Child Care Swim Pool 10:30am - 11:30am	Child Care Gym Time Gymnasium 10am - 11am	Lap Swim Pool 10:45am - 3:30pm		SilverSneakers® Yoga Group Exercise Room Christine H 10am - 10:50am
		Child Care Gym Time Gymnasium 10am - 11am			Open Swim Pool 10:45am - 3:30pm		
11am	Preschool Gym Time Gymnasium 11am - 11:45am	Preschool Gym Time Gymnasium 11am - 11:45am	Preschool Gym Time Gymnasium 11am - 11:45am	Open Gym Gymnasium 11am - 12pm	Adult Pick-Up Games Gymnasium 11:45am - 2:30pm		Preschool Gym Time Gymnasium 11am - 11:45am
	Open Swim Pool 11am - 12:15pm	SilverSneakers® Circuit Group Exercise Room Jodi S 11:45am - 11:50am	SilverSneakers® Classic Group Exercise Room Linda S 11am - 11:50am				SilverSneakers® Classic Group Exercise Room Linda S 11am - 11:50am
	SilverSneakers® Classic Group Exercise Room Linda S 11am - 11:50am		Adult Pick-Up Games Gymnasium 11:45am - 2pm				
	Lap Swim Pool 11:30am - 6pm						
	Adult Pick-Up Games Gymnasium 11:45am - 2pm						
12pm	SilverSneakers® BOOM Muscle All-Purpose Room Scott L 12pm - 12:30pm	Adult Pick-Up Games Gymnasium 12pm - 2:30pm	SilverSneakers® BOOM Muscle All-Purpose Room Scott L 12pm - 12:30pm	Adult Pick-Up Games Gymnasium 12pm - 2:30pm	Family/Community Swim Pool 12:30pm - 3:30pm		SilverSneakers® Circuit Group Exercise Room Jodi S 12pm - 12:50pm
	SilverSneaker® Splash Pool Carolyn H 12:15pm - 1:05pm	Mild Water Movement Pool Carolyn H 12:15pm - 1:05pm	SilverSneaker® Splash Pool Carolyn H 12:15pm - 1:05pm				Adult Pick-Up Games Gymnasium 12pm - 2:30pm
							Mild Water Movement Pool Carolyn H 12:15pm - 1:05pm
1pm	Child Care Swim Pool 1:15pm - 3:30pm	Child Care Swim Pool 1:15pm - 3:30pm	Child Care Swim Pool 1:15pm - 3:30pm	Child Care Swim Pool 1:15pm - 3:30pm			Child Care Swim Pool 1:15pm - 3:30pm
2pm	Open Gym Gymnasium 2pm - 4pm	Open Gym Gymnasium 2:30pm - 6pm	Open Gym Gymnasium 2pm - 4pm	Open Gym Gymnasium 2:30pm - 7pm	Open Gym Gymnasium 2:30pm - 4pm		Open Gym Gymnasium 2:30pm - 4pm
3pm	Open Swim Pool 3:30pm - 6:30pm	Open Swim Pool 3:30pm - 8pm	Open Swim Pool 3:30pm - 8pm	Open Swim Pool 3:30pm - 6pm			Open Swim Pool 3:30pm - 5:45pm

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Massillon Family YMCA
June 25th - July 1st

131 Tremont Ave SE
Massillon, OH 44646
(330) 837-5116

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
4pm	Child Care Gym Time Gymnasium 4pm - 5:30pm		Child Care Gym Time Gymnasium 4pm - 5:30pm				Child Care Gym Time Gymnasium 4pm - 5:30pm
5pm	Open Gym Gymnasium 5:30pm - 9:15pm	Tabata Group Exercise Room Jennifer W 5:30pm - 6:20pm	Functional Fitness Group Exercise Room Beth E 5:30pm - 6:40pm				Open Gym Gymnasium 5:30pm - 7:15pm
	Kettlebells Dance Studio Moriah S 5:30pm - 6:20pm						Bags & Gloves Group Exercise Room Jodi S 5:30pm - 6:20pm
							Swim Lessons (\$) Pool 5:45pm - 7:30pm
6pm	Swim Team* Pool Susan A 6pm - 7pm	Swim Team* Pool Susan A 6pm - 7pm	Swim Team* Pool Susan A 6pm - 7pm				Swim Team* Pool Susan A 6pm - 7pm
	Mixed Belly Dance & Isolation Group Exercise Room Irene G 6:30pm - 7:20pm	Sports for Tots (\$) Gymnasium 6pm - 6:30pm	Open Gym Gymnasium 6:30pm - 9:15pm				
	Pool Yoga Pool Doug S 6:30pm - 7:20pm	Open Gym Gymnasium 6:30pm - 7:15pm	Drumming for Fitness Group Exercise Room Sarah C 6:30pm - 7:20pm				
7pm	Lap Swim Pool 7pm - 8pm	Masters Swim Practice Pool 7pm - 8pm	Lap Swim Pool 7pm - 8pm	Adult Pick-Up Games Gymnasium 7pm - 9:15pm			Water Circuit Pool Susan A 7pm - 7:45pm
	Open Swim Pool 7:20pm - 8pm	Adult Pick-Up Games Gymnasium 7:15pm - 9:15pm	Ab Ripper Group Exercise Room John B 7:30pm - 8pm				Adult Pick-Up Games Gymnasium 7:15pm - 9:15pm
							Lap Swim Pool 7:30pm - 8:30pm
							Open Swim Pool 7:30pm - 8:30pm
							Rock Hard Abs Group Exercise Room John B 7:30pm - 8pm
							Deep Water Aerobics Pool Susan A 7:45pm - 8:30pm

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.