

New Season, New Look!

Hello everyone! As time slides toward autumn, we want to welcome you to our new Newsletter and Program Guide. We are excited for the continued learning and growth as we hear what our members would most like to read and see coming from your YMCA of Western Stark County.

We will still be sharing interesting activities and information each month, and of course we will be publishing jam packed fitness classes and opportunities.

We hope you enjoy the new format and find it easier to locate the information you need!

See at the Welcome Center,
Your YMCA Friends

****REMINDER** WE ARE CLOSED MONDAY, SEPT 2nd -LABOR DAY****
24/7 ACCESS IS AVAILABLE AT TOWPATH TRAIL

ACCEPTING DONATIONS

Our childcare programs are currently accepting back to school supply donations. Your gift helps make going back easier for every child who has the need but lacks the resources. We appreciate all of your support!

- Crayons
- Markers
- 2 Pocket Folders
- Glue Sticks
- Pencils
- Erasers
- Blunt/Pointed Scissors
- Rulers
- Highlighters
- Colored Pencils



POSITIONS AVAILABLE:

Lifeguard
Swim Instructor
Preschool & School Age Staff
YOGA Instructor

BENEFITS:

Flexible Schedule
FREE Membership & 24/7 Access
Locker Service

Program Discounts- including childcare, and swim lessons

FUN Environment!

To apply, please fill out an application at either Massillon Family YMCA or Towpath Trail YMCA.

THANK YOU

DONORS

Thank you to the Raymond James Charitable Endowment Fund for their generous donation to Massillon Family YMCA and Towpath Trail YMCA. Every dollar donated has a lasting impact on our community.

VOLUNTEERS

Thank you to our volunteer swim instructors at your Towpath Y: Angel Blackwell, AJ Chan, Megan Kenney, Justin Miller, Christy Riek, Nathan Rowe, Nick Sampsel, and Hallie Thompson. We appreciate all you do to help make strong, safe swimmers!

EMPLOYEE SPOTLIGHT!



We would like you to meet Heather Provost! Heather has been with the Y for 17 years. Her journey began when she joined her mother-in-law in attending a Silver Sneakers class. She asked the instructor a few questions—a spark was ignited—and she began the training to become an instructor herself! She has made many friends with Y members over the years, that have since become like family.



Heather has a passion for the outdoors. She enjoys running, hiking, kayaking—and trying thrilling things like rappelling, and ziplining! She enjoys exploring her local National and State Parks!

When not outside or inside on fitness adventures, you may find her experimenting with flavors in the kitchen!

She is grateful for her time here at the Y, for the members, and the Healthy Aging Community.

Heather, we are grateful, and thankful for you. Thank you for all you do for our members, and our Y family.

MASSILLON

SEPTEMBER



BACK TO SCHOOL!

Just a reminder, you must register for YMCA Before and After School Programs every year in order for your child to attend programs. This does include the School Day Off Program as well. Please stop by the Welcome Center to pick up a packet if you have not done so already. There are a limited number of spots available. Thank you!

Your Massillon Y Gymnastics Program is offering Adult Gymnastics and Adult Stretching! Check out the program guide for additional information. You can register online or at the Welcome Center. We hope to see you there!



Congratulations, Kristie Fay! She swam 100 miles - starting on 09/25/2023 and completing on 08/19/2024!



Thank you for trusting us with the care of your children this summer. We had an exciting and fun summer. We wish you all a wonderful school year!

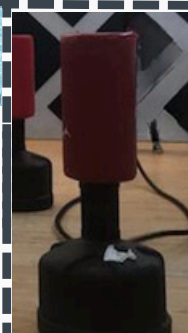
Mackenzie Sederland, Dannie Warren, Talan Smith, and Sam Mazon- competed at the Central Zone meet in Des Moines, Iowa, and delivered outstanding performances. They set Gator records, achieved numerous personal bests, and significantly contributed to the Central Zone team.

CAUTION: GATOR ZONE



The Massillon Y Pool will reopen on September 9th!

Starting in September, Pickleball will be offered Thursdays & Fridays from 10am-Noon! In October, Towpath Trail will be offering Pickleball as well, on Tuesdays and Thursdays from 1pm-3pm.



September Room Changes coming 9/3! We are excited to announce the new workout space in the Mezzanine (above the gym). Check out the key at the front Desk to use Bags, a rower, ropes, and more coming soon. Gloves will be needed for an upper body workout on the bag, there will be some available, however we prefer you to bring your own for sanitary purposes. The Studio will now be used for Classes only .



TOWPATH TRAIL

SEPTEMBER



Just a reminder, you must register for YMCA Before and After School Programs every year in order for your child to attend programs. This process ensures accurate staffing to maintain our high safety standards.

THE OHIO STATE UNIVERSITY EXTENSION

Adult EFNEP- Food and Nutrition Education Program

Tuesday evenings 07/23-09/17 6-7:30pm

FREE

Take home free kitchen items each week.

Sign up at the Welcome Center.



NEW

Check out the new equipment in the fitness center!

Your Towpath Trail Y would like to invite you to attend our floating pumpkin patch! Make plans to join us on Saturday, October 26th from 10am-Noon for PUMPKIN SPLASH! Jump in the pool to retrieve the pumpkin of your choice, following that, stay for a movie and pumpkin decorating. Registration required- online or at the Welcome Center. Fee is \$5 for Members/\$10 for Non-Members.



Pickleball

In October, your Towpath Trail Y will be offering Pickleball! Join us on Tuesdays and Thursdays from 1pm-3pm as we learn the game that is all the rage!



We can't think of a better way to start the weekend than floating and playing in the water while watching a cartoon! Join us in the pool as we watch the Disney movie "BRAVE"! The movie starts at 10am. We hope to see you there!

SAVE THE DATE: OCTOBER 31st! Following Trick-Or-Treat in Navarre, stop in at your Towpath Trail Y for a slice of pizza, and some music and dancing. This is a free community party and not a candy spot. We can't wait to see you!



SEPTEMBER HEALTHY AGING: MASSILLON



Massillon Family YMCA
131 Tremont Ave SE



FREE! Please RSVP so we have
an accurate count for supplies

TO REGISTER: Call 330-837-5116 or sign up at the Welcome Center

September

13
FRIDAY

11:00am
to
NOON

Meet Ke'Aunte!

Friday September 13, 2024
from 11:00am to 12:00pm
Massillon YMCA Lobby
131 Tremont Ave SE
Massillon, Oh 44646

Meet the author of the daily motivational
journal
"A Positive Life is A Happy Life
Motivation for You and Me"



Meet and greet . Get to know Miss Keke, The Y's former pre-school teacher, founder of Be Youtiful Weirdos and Stark county's Top 20 under 40 award winner!

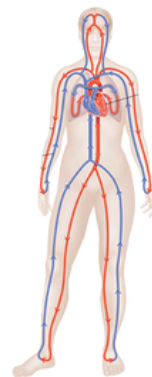
STAY IN CIRCULATION

Walk and Talk

VASCULAR DISEASE

AWARENESS MONTH

Let's improve understanding and promote healthier lifestyles. Wear **red** to strut your stuff and symbolize healthy blood flow. Join Carolyn on a walk outside if weather permits, or in the gym. Stay for coffee, snacks and conversation.



September

24

TUESDAY

11:30am

Please note:

All Healthy Aging events are free to attend and open to non-members.

SEPTEMBER HEALTHY AGING: NAVARRE



Towpath Trail YMCA
1226 Market St. NE, Navarre



FREE! Please RSVP so we have
an accurate count for supplies

TO REGISTER: Call 330-879-0800 or sign up at the Welcome Center

September

6

FRIDAY



10am - Noon
Euchre
Club

September

13

FRIDAY

**LUNCH & LEARN
TIPS: PLANNING FOR THE
FUTURE**

11:30am Join David Zastawny as he
gives us tips in planning for
our financial future.



Lunch is sponsored by Altercare of Navarre and Country
Lawn Nursing Home.

September

18

Wednesday
12:30pm

**CRAFT: LOOKS
LIKE FALL!**

Join us as we
make it look
more like fall!



September

20

FRIDAY

10am-
10:40am

**LIBRARY FOR LIFE-
Subject: Library 101**

Join us as we discuss
how to use the online
catalog website and
listings of new books!

**Bingo Theme: The Y &
4-H: COMMON CORE
VALUES**

September

27

FRIDAY

11:30am



The YMCA and 4-H have
very similar core values.
Bring anything that
represents either
organizations for a ticket
for a drawing.

Lunch sponsored by Altercare/Country Lawn

Please note:

All Healthy Aging events are free to attend and open to non-members.

Gymnastics Lessons

FALL 1 (Sept 9-Oct 19). FALL 2 (Oct 27-Dec 14)
\$30 Member / \$60 Non-Member



MASSILLON

Little Flippers (Walking-Age 3)

Saturday 8:30am-9:00am

Mat Munchkins (Ages 3-5)

Monday 4:30pm-5:15pm OR
Tuesday 4:30pm-5:15pm OR
Thursday 4:30pm-5:15pm OR
Saturday 9:15am-10:00am OR
Saturday 10:30am-11:15am

Rollers/Swingers (Ages 6+)

Monday 4:30pm-5:30pm OR
Tuesday 4:30pm-5:30pm OR
Thursday 4:30pm-5:30pm OR
Saturday 9:15am-10:15am OR
Saturday 10:30am-11:30am

Back Handspring Class (6-18yrs)

Thursday
7:15pm-8pm or
Saturday
11:15am-noon

ADULT GYMNASTICS

Mondays, Sep 09 - Sep 30, 2024

7:00pm-8:30pm

\$25 Member/\$50 Non-Member

This fun class is for beginners through experienced gymnasts. Class focuses on learning and relearning gymnastics skills on all 4 events. Coaches will be available to guide you through the skills. No prior gymnastics training required. Opportunity to compete in gymnastics meets will be available if desired.

ADULT GYMNASTICS

Saturdays, September 14th - October 19, 2024

8:00am-8:30am

\$10 Member/\$15 Non-Member

This instructor-led class is designed to increase flexibility through whole-body stretching. Come stretch before your workout or use the class to relax.

NAVARRE

FALL 1 (Sept 14-Oct 19), FALL 2 (Nov 2-Dec 14)

Back Handspring Class (Ages 6-18 yrs)

Saturday 12:45-1:30pm

Students will begin with basic back walkovers and progress to back handsprings. Once perfected, the back handspring will be connected to a round-off and other higher level skills. Great class for gymnasts and cheerleaders.

Instructional Soccer

Sept 10-26th AGES 3-5
Tue, Thu @ 6:00 PM-6:40 PM
\$35 Member / \$70 Non-Member

The focus of this age group is to both develop the basic skills of soccer and socialize children in a fun and safe environment. All participants will receive a YMCA soccer t-shirt. 6 sessions.



TOWPATH TRAIL YMCA

Martial Arts

\$30 Member/\$60 Non-Member

TOWPATH TRAIL YMCA

Classes meet twice weekly in 4-week monthly sessions

Youth ages 5-11

6:30-7:30 pm Tue & Thur

Ages 12 - Adult

7:30-8:30 pm Tue & Thur

MASSILLON FAMILY YMCA

Class Resumes Sep 04

Ages 7 - Adult

Wed 6-8 pm

Classes are a mixture of Tai Kwon Do, Judo and self-defense. The primary focus is courtesy and self-control. Taught by 5th Degree Black Belt Master Smith.



"Martial arts was really the first thing in my life that I followed through on and accomplished a degree of proficiency for."

CHUCK NORRIS

Class meets once a week. This class runs monthly, unlike our other classes that go by sessions. Price is per month regardless of number of classes in the month. Class also meets one Sunday afternoon each month for testing. See instructor for Sunday dates and times.



Swim Lessons

FALL 1 (Sept 10-Oct 19), FALL 2 (Oct 27- Dec 14)
\$36 Member / \$72 Non-Member

Ages
6mn-3y

Parent & Child Water Discovery & Exploration

Navarre:
Sat 11am

Massillon:
Sat 10am

30min



PROGRAM GUIDE

Ages 3 to 5

Stage 1 Water Acclimation- 45min.

Navarre: Thu 5:30pm or Sat 9:00am

Massillon: Sat 9:00am

Stage 2 Water Movement- 45min.

Navarre: Thu 5:30pm or Sat 9:00am

Massillon: Sat 9:00am

Stage 3 Water Stamina- 45min.

Navarre: Thu 5:30pm or Sat 9:00am

Massillon: Sat 9:00am

Stage 4 Stroke Introduction- 45min.

Navarre: Thu 5:30pm or Sat 9:00am

Massillon: Sat 9:00am



Ages 5 to 13

Stage 1 Water Acclimation -45min.

Navarre: Tue 5:30pm or Sat 10:00am

Massillon: Sat 10:00am

Stage 2 Water Movement -45min.

Navarre: Tue 5:30pm or Sat 10:00am

Massillon: Sat 10:00am

Stage 3 Water Stamina -45min.

Navarre: Tue 5:30pm or Sat 10:00am

Massillon: Sat 10:00am

Stage 4 Stroke Introduction- 45min.

Navarre: Tue 5:30pm or Sat 10:00am

Massillon: Sat 10:00am

Stage 5 Stroke Development- 45min.

Navarre: Tue 5:30pm or Sat 10:00am

Massillon: Sat 10:00am

Stage 6 Stroke Mechanics- 45min.

Navarre: Tue 5:30p or Sat 10:00am

Massillon: Sat 10:00am





MASSILLON FAMILY YMCA GROUP EXERCISE

SEPTEMBER 2024

FOR CLASS CANCELLATION ALERTS

TEXT: @groupexme

To phone number: 81010

WHERE CLASSES MEET

FC = Fitness Center

G = Gymnasium

GE = Group Exercise Room

P = Pool

S = The Studio

MONDAY

8:30AM TOTAL BODY FITNESS with Jodi (GE)

9:30AM AQUAMOTION with Rhonda (P)

11:00AM SilverSneakers CIRCUIT with Thelma (GE)

5:30PM BODY SCULPT with Jodi (GE)

6:30PM BUTZ & GUTZ with Rhonda (GE) ***NEW CLASS***

TUESDAY

9:40AM SilverSneakers SPLASH with Carolyn (P)

5:30PM RIP STYX with Rhonda (GE)

September 3, 17

SPIN & STEP with Rhonda (GE)

September 10, 24

7:30PM BEGINNER BELLY DANCING with Irene (GE)

September 10, 24

7:30PM ADVANCED BELLY DANCING with Irene (GE)

September 3, 17

WEDNESDAY

8:30AM TOTAL BODY FITNESS with Thelma (GE)

9:30AM AQUAMOTION with Rhonda (P)

10:30AM SS BOOM MUSCLE with Thelma (GE)

11:15AM SS BALANCE & CHAIR YOGA with Thelma (GE)

6:00PM HIT HOP with Rhonda (S) ***NEW CLASS***

6:45PM KETTLEBELLS with Moriah (GE)

THURSDAY

9:40AM SilverSneakers SPLASH with Carolyn (P)

5:00PM CIRCUIT with Scott (G)

FRIDAY

8:30AM TOTAL BODY FITNESS with Thelma (GE)

9:30AM AQUA BOOTCAMP with Rhonda (P)

CHILD WATCH HOURS

Morning: Tues, Thu, Fri 8:45-11am

Evenings: Mon, Wed, Thu 5-7:30pm
Tuesday 5-8:30pm

Saturdays: 8:45am - Noon

BUILDING HOURS

Mon-Thu 6am-8:30pm

Fri 6am-7pm

Sat 7am-2pm

Sun CLOSED

After-hours Access

West Stark Y members can enroll in Navarre for 24/7 access to the Towpath Trail YMCA Fitness Center.



GROUP EXERCISE

Massillon Fitness Class Descriptions

AQUA BOOTCAMP with Rhonda (Pool)

50 min cardio workout with intervals of total body toning and core strength development. This class is perfect for those looking for a great cross-training option or a more intense aqua-fit class.

AQUAMOTION with Rhonda (Pool)

45 min class. Get fit and moving doing "Aerobics" in the pool. Focus on proper form & technique to get the most out of your workout. All levels.

BEGINNER/ADVANCED BELLY DANCING with Irene (Group Exercise Room)

45 min alternating weeks of beginner and advanced belly dancing techniques.

BODY SCULPTING with Rhonda (Group Exercise Room)

45 min stationary full body muscle building workout with free weights & other equipment.

BUTZ and GUTZ with Rhonda (Group Exercise Room)*NEW CLASS*

30 min class focuses on core, glutes, and legs.

CARDIO CROSS TRAINING with Rhonda (Outside Back of Bldg / Gymnasium)

45 min cardio & resistance training using stations & timed rounds for full body blast. All levels - Push yourself at your own effort.

CIRCUIT with Scott (Gym)

Timed intervals at fitness stations with equipment and body-weight exercises. Push yourself at your own effort for any kind of workout or training.

HIT HOP with Rhonda (Studio) *NEW CLASS*

30 min class- Music inspired cardio kickboxing, punch and jabs, and calisthenics.

KETTLEBELLS with Moriah (Group Exercise Room)

45 min unparalleled mix of strength & conditioning focusing on core, leg, and gluteal muscles. This class blends highly effective techniques for improving muscular endurance, total body coordinated movements and cardiovascular conditioning.

MIXED BELLY DANCING FITNESS CLASS with Irene (Group Exercise Room)

50 min belly dancing class for any level experience. Teaches small & choreographed routines.

ONE MORE REP with Rhonda (Fitness Center)

A weighted class using free weights, machines, cardio equipment, everyone is welcome.

RIP STYX with Rhonda (Group Exercise Room)

45 min full-body workout to music. Combines cardio, conditioning and strength using lightly weighted drumsticks.

ROCK HARD ABS with John (Group Exercise Room)

30 min intense ab work on the floor with great toning results.

SilverSneakers® BALANCE & CHAIR YOGA with Thelma (Group Exercise Room)

40 min class. Starting with balancing exercises and ending with yoga stretches to promote relaxation, core strength & balance. A chair is used for seated exercises and standing support.

SilverSneakers® BOOM MUSCLE with Thelma (Group Exercise Room)

30 min BOOM Muscle incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

SilverSneakers® CIRCUIT with Thelma (Group Exercise Room)

30 min circuit class specifically designed for active older adults. Low impact standing upper body strength workout with resistance bands, ball and chair for support.

SilverSneakers® SPLASH with Carolyn (Pool)

45 min class. Shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.

SPIN & STEP with Rhonda (Group Exercise Room)

This is a high intensity indoor cycling class designed to keep you moving. Everyone is welcome, limited to 8.

TOTAL BODY FITNESS with Thelma (Mon & Fri) / Jodi (Wed) (Group Exercise Room)

30-60 min light aerobic, strength, stretching & balance exercises designed to condition the whole body. All fitness levels.

TOWPATH TRAIL YMCA GROUP EXERCISE

SEPTEMBER 2024

TOWPATH TRAIL YMCA • 330-879-0800 • WestStarkY.org



FOR CLASS CANCELLATION ALERTS

TEXT: @towp6

To phone number: 81010

MONDAY

- 6:30AM BALANCE, CORE & YOGA with Jessica (GE)
- 8:00AM WALK & TONE with Heather (G)
- 9:00AM TOTAL BODY FITNESS with Terry (GE)
- 9:00AM **AQUAMOTION with Heather (P)**
- 10:00AM RIPPED with Kristina (GE)
- 11:00AM MAT PILATES with Heather (GE)
- 1:00PM CHAIR YOGA with Jen (G)
- 2:00PM STANDING STRENGTH & BALANCE with Jen (GE)
- 5:00PM KETTLEBELL BALANCE & CORE (30 min) with Beth (GE)
- 6:00PM **AQUAMOTION with Lucy (P)**
- 6:15PM TOTAL BODY BURN (40 min) with Brittany (GE)

TUESDAY

- 8:00AM TOTAL BODY FITNESS with Michelle (GE)
- 9:00AM **AQUAMOTION with Heather (P)**
- 9:00AM YOGA with Shirley (GE)
- 9:30AM HIIT THE ROPES (30 min) with Kristina (G)
- 10:00AM QIGONG with Shirley (GE)
- 11:00AM SilverSneakers BOOM MUSCLE with Heather (G)
- 5:15PM PEACEFUL YOGA FLOW with Christina (GE)

WEDNESDAY

- 6:30AM BALANCE, CORE & YOGA with Sarah (GE)
- 8:00AM WALK & TONE with Michelle (G)
- 9:00AM CYCLING with Mike (GE)
- 9:00AM TRX with Kristina (G)
- 10:00AM DRUMMING FOR FITNESS with Heather (G)
September 4th and 18th
- 10:00AM LaBlast Dance Class with Debbie/Chris (G)
September 11th and 25th
- 10:15AM BETTER BALANCE (30 min) with Beth (GE)
- 11:00AM CHAIR YOGA with Beth (G)
- 5:45PM TOTAL BODY FITNESS with Lorena (GE)
- 6:00PM **AQUAMOTION with Lucy (P)**
- 6:30PM DRUMMING FOR FITNESS with Lorena (GE)

CLASS LOCATIONS

GE = Group Exercise
room

G = Gymnasium
P = Pool

CHILD WATCH

MORNINGS:
Mon-Sat
8:45am-noon

EVENINGS:
Mon-Thur
5-7:30pm

Please note: If there are no children in Child Watch 30 minutes before it closes, the area may close early.

THURSDAY

- 8:00AM TOTAL BODY FITNESS with Michelle (GE)
- 9:00AM **AQUAMOTION with Heather (P)**
- 9:15AM BETTER BALANCE (30 min) with Beth (GE)
- 10:00AM RIPPED with Kristina (GE)
- 11:00AM SilverSneakers CLASSIC with Heather (G)
- 12:15PM CHAIR VOLLEYBALL (GE)
- 6:30PM TOTAL BODY BURN (40 min) with Brittany (GE)

FRIDAY

- 8:00AM WALK & TONE with Michelle (G)
- 8:00AM **DEEP WATER BLAST with Heather (P)**
- 9:00AM TOTAL BODY FITNESS with Terry (GE)
- 10:00AM MAT PILATES with Heather (GE)

SATURDAY

- 9:00AM CYCLING with Mike (GE)

GROUP EXERCISE

SEE NEXT PAGE FOR CLASS DESCRIPTIONS ■ 1226 MARKET ST NE, NAVARRE

TOWPATH TRAIL YMCA CLASS DESCRIPTIONS

Aquamotion: Water fitness class using various equipment. Easy on your joints while getting a cardio & strength workout in.

Better Balance: (30 min.) We will practice functional moves to improve balance and gently strengthen muscles. This class will use a chair to add stability when standing.

Balance, Core, & Yoga: 30 minutes of exercise focusing on balance, core, and strength. Ending with 15 minutes of Yoga to stretch and recharge. All levels welcome.

Chair Volleyball: Played while seated in chairs with a modified net height, smaller court size, and a lightweight ball. Standard volleyball scoring. Geared towards active aging.

Chair Yoga: Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of motion.

Cycling: Indoor cycling using stationary bikes. Instructor guides you through a ride that simulates outdoor cycling while shredding fat and increasing cardiovascular endurance.

Deep Water Blast: This challenging, water-based workout that's all cardio, body toning and most of all exhilarating.

Drumming for Fitness: A fun, upbeat class that uses music to design the workout. Use drumsticks to pound out a beat on a "drum" made of an exercise ball!

HIIT the Ropes: Uses Battle Ropes - heavy ropes, anchored to the wall. Create a series of wave motions for a full body workout.

Kettlebell Balance & Core: Half-hour of controlled and intentional exercises to strengthen the core and improve balance for better functional movement.

LaBlast Dance Class: A partner-free dance fitness workout create by world-renowned dancer and fitness expert Louis van Amstel (as seen on Dancing with the Stars). It's accessible for all levels.

Mat Pilates: Gentle, yet challenging, non-impact strength and toning.

Mindful Movements Yoga: Class will be sequenced to calm the nervous system and restore balance for both mind and body. Includes meditation followed by passive and gently active poses.

Peaceful Yoga Flow: Increase flexibility, mobility, balance and body awareness. All levels.

QiGong: Martial arts exercise includes movements suitable for everyone. Increases range of motion and balance while reducing stress.

Ripped: High energy barbell class that challenges every muscle group to the max.

SilverSneakers BOOM MUSCLE: Muscle-conditioning blocks and activity-specific intervals to improve cardiovascular health & function.

SilverSneakers CLASSIC: Seated and standing exercises to increase strength, range of motion and activities for daily living.

Standing Strength & Balance: This class uses body weight or optional hand weights and bands to develop strength and improve balance from seated and standing positions. We focus on arms, legs, core and range of motion. No floor work. One level more challenging than chair yoga.

Total Body Burn: Tabata-style interval workout, using circuits to challenge both your upper and lower body. There are bursts of HIIT (High-Intensity Interval Training) cardio in there, too!

Total Body Fitness: Low-impact, full-body cardio and strength conditioning. Modifications for a wide range of fitness levels.

TRX: Suspension training system that utilizes full core strength to engage every muscle in the body.

Walk & Tone: Walking paired with strength exercises using weights and bands to tone the whole body.

Yoga: Increase flexibility, mobility, balance and body awareness while reducing stress. All levels.

Classes recommended for Healthy Aging members

MASSILLON FAMILY YMCA

MON 8:30am - TOTAL BODY FITNESS with Jodi
 9:30am - AQUAMOTION with Rhonda
 11am - CIRCUIT with Thelma

TUE 9:40am - SILVERSNEAKERS SPLASH with Carolyn

WED 8:30am - TOTAL BODY FITNESS with Thelma
 9:30am - AQUAMOTION with Rhonda
 10:30am - SILVERSNEAKERS BOOM MUSCLE with Thelma
 11:15am - SILVERSNEAKERS BALANCE & CHAIR YOGA with Thelma

THU 9:40am - SILVERSNEAKERS SPLASH with Carolyn

FRI 8:30am - TOTAL BODY FITNESS with Thelma

THESE CLASSES ARE FREE & OPEN TO ALL MEMBERS!

TOWPATH TRAIL YMCA

MON 8am - WALK & TONE with Heather
 9am - AQUAMOTION with Heather
 1pm - CHAIR YOGA with Jen
 2pm - STANDING STRENGTH & BALANCE with Jen
 6pm - AQUAMOTION with Lucy

TUES 8am - TOTAL BODY FITNESS with Michelle
 9am - AQUAMOTION with Heather
 9am - YOGA with Shirley
 10am - QI GONG with Shirley
 11am - SILVERSNEAKERS BOOM MUSCLE with Heather

WED 8am - WALK & TONE with Michelle
 10am - DRUMMING FOR FITNESS with Heather 1st & 3rd WED
 10:15am - BETTER BALANCE with Beth
 11am - CHAIR YOGA with Beth
 6pm - AQUAMOTION with Lucy
 6:30pm - DRUMMING FOR FITNESS with Lorena

THU 8am - TOTAL BODY FITNESS with Michelle
 9am - AQUAMOTION with Heather
 9am - BETTER BALANCE with Beth
 11am - SILVERSNEAKERS CLASSIC with Heather
 12:15pm - CHAIR VOLLEYBALL

FRI 8am - WALK & TONE with Michelle
 9am - AQUAMOTION with Heather

IMPORTANT DATES



LABOR DAY BOTH LOCATIONS CLOSED

MEMBERS WITH 24/7 ACCESS WILL BE ABLE TO UTILIZE THE FITNESS CENTER AT TOWPATH TRAIL



FAMILIES, FLOATS, and FILMS!

10am-11:30am Film Showing: BRAVE!

Free

Join us for swimming and a family film! Stay until the pool closes.

SAVE THE DATE



PUMPKIN SPLASH!

10:00am-NOON Film Showing

\$5 member/\$10 non-member

Pick your pumpkin from our swimmable patch, then go decorate it while enjoying a Halloween movie!



HALLOWEEN BOOGIE

6:30pm-8pm

Community Party-Not a candy spot

Join us after Trick-Or-Treat for a slice of pizza, water, and a little dancing with a DJ!

**WATCH FACEBOOK AND INSTAGRAM FOR
POP UP FITNESS CLASSES!**

OUR MISSION:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Check Out Our YMCA MOBILE APP!

THE BENEFITS

- Sign-in using your phone instead of your member card
- Receive timely announcements and alerts for either facility
- Check out class schedules and gym and pool hours



NEED A HAND?

Please ask!

You can also type
www.WestStarkY.org/app
into an Internet browser

HOW TO PUT THE YMCA APP ON YOUR PHONE

1

Go to the App Store

 **daxko ymca**

2



Daxko
Health & Fitness

GET

3

Find your health and wellness center by typing:



**ymca of
western
stark county**

4

The icon will
automatically
update



5

Select your facility at the top of the app screen. You can select either location at any time.

Do you have a testimonial to share?

Feel free to leave a note at the Welcome Desk in Massillon or Navarre! You can detach the bottom portion of this page or email Jodie directly at jcatalano@WestStarkY.org. We'd love to share your experience with others.



Name and contact info
(phone or email): _____

How has the YMCA made
a difference in your life? _____

Member since: _____ Circle your usual branch: Massillon Y / Towpath Trail Y

May we reach out to you for a photo? Yes / No



GIVING GROWS HERE



Strengthening
community



No one will be turned away
because of
an inability to pay

Thanks to the generosity of members, volunteers and donors, we transform lives. You're helping people achieve health, gain confidence, make connections and feel secure at every stage of life.

**YES! I want to
invest in the Y**

AMOUNT _____

\$ _____

NAME _____

ADDRESS _____

PHONE _____ EMAIL _____

CHECK ONE

Annual Campaign
Any Amount

Endowment* Navarre-Leaf
Donor Wall Massillon

(Small \$100-\$499
Medium \$500-\$999
Large \$1,000 + higher)

Memorial Bench * Navarre
 Massillon
\$2,500

PAYMENT METHOD

CHECK: Make payable to
YMCA of Western Stark County

CREDIT CARD: (circle one) ONE-TIME MONTHLY
(circle one) MASTERCARD VISA DISCOVER

MONTHLY DRAFT: Use
credit card on file at Y

ACCOUNT # _____
CVV #, EXPIRATION DATE _____

*
We will call to
verify the text
for a leaf,
brick or bench
inscription.

Your tax-deductible contributions to the YMCA of Western Stark County are crucial to our cause and our promise.

We Our Community Partners!



Home is Where
the Heart Is
Home Care, LLC



THE
CANTON REGENCY
SENIOR LIVING RESIDENCES

Ohio Department of
Job and Family Services





Locations & Regular Hours of Operation

MASSILLON FAMILY YMCA

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

BUILDING HOURS

Monday - Thursday: 6 am - 8:30 pm
Friday: 6 am - 7 pm
Saturday: 7 am - 2 pm
Sunday: Closed

CHILD WATCH HOURS

Mornings: Tue, Thu, Fri 8:45-11am
Evenings: Mon, Wed, Thu 5-7:30pm
 Tuesdays 5-8:30pm

Saturdays: 8:45am - Noon

TOWPATH TRAIL YMCA

1226 Market St. NE
Navarre, OH 44662
330-879-0800

BUILDING HOURS

Monday - Thursday: 6 am - 9:00 pm
Friday: 6 am - 7 pm
Saturday: 7 am - 3 pm
Sunday: noon - 3 pm

24/7 access available in Navarre.
Visit Welcome Center for details.

CHILD WATCH HOURS

Mornings: Mon-Sat 8:45am-Noon
Evenings: Mon-Thu 5:00-7:30 pm



**WE ARE CLOSED
LABOR DAY
MONDAY, SEPTEMBER 2nd!**
24/7 Access is OPEN at Towpath
Trail!

24/7 Access is open to ANY member 18 years or older in good standing! Currently 24/7 access is only available at the Towpath Trail location. Orientation takes about 20 minutes. No additional cost. Access is to the Fitness Center and machines in the lobby.

**TO SUBSCRIBE TO OUR NEWSLETTER:
WestStarkY.org/newsletter-signup**