

Fitness



Fall 2019





Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:55 am	Spinning® - Belinda Pure Strength - Rhonda	Spinning® - Rhonda	Spinning & Strength - Rhonda	Spinning® - Rhonda	Spinning® - Belinda Pure Strength - Rhonda		
6:30 am		Move with Mitch					
7:30 am			Yoga - Denise				
8:00 am	FREE Core Class -Rhonda	All Levels Yoga - Mary		Yoga Stretch - Dana	FREE Core Class -Rhonda	Spinning® - Kristin Pure Strength - Rhonda	
8:30 am	Spinning® - Angie	Spinning® -Jane	Spin & Strength - Rhonda	Spinning® -Jane	Spin & Strength - Angie		
9:00 am	Yoga - Denise						
9:15 am							
9:30 am	Strengthen & Shred - Christy	Yoga - Linda Body 360 - Christy	Slow Flow Yoga - Dana Strengthen & Shred - Christy	Yoga - Linda Cardio Barre - Christy	All Levels Yoga - Dana Body 360 - Christy	Spinning® - Angie	
10:15 am							Spinning® - Shelby Vinyasa Flow Yoga - Dana
10:45 am	FREE Senior Yoga- Mary	FREE Seniors In Motion - Charlie		FREE Seniors In Motion - Charlie	FREE Senior Yoga - Josephina		
11:00 am			Tai Chi - Sandra				
Noon		Balance - Charlie					
4:30 pm	Spinning®-Rhonda		Spinning® - Kristin		<p align="center">Intro to Exercise Class</p> <p>Tuesday and Thursday at 4 pm or Monday and Wednesday at 11:00 am during the summer for 13 and 14 year olds. This is a FREE opportunity for children wanting to use the fitness area of the Community Center, it is mandatory completion of two sessions (approximately 45 minutes each day).</p> <p>Participants must register at the front desk of the Community Center.</p>		
4:45 pm	All Levels Yoga - Alicia	Circuit - Lori		Circuit - Lori			
5:45 pm			Barre - Mia				
6:00 pm	All Levels Yoga - Mary		Sunset Restorative Yoga - Ulyana				
6:15 pm			Spinning - Belinda				
7:00 pm							
7:15 pm				Line Dancing - Marilyn			

Contact: Rhonda Miko, Fitness/Wellness Coordinator or 440-546-2320

Fitness Schedule Effective September 3

FITNESS



Fitness Class Descriptions

Barre - Combination of ballet-inspired moves with elements of strength, pilates and stretching. High repetitions and many movements!

Cardio Barre Not the one we're used to..if you want a dancer's body this class is for you. It's about the physical as well as the aesthetic benefits of lengthening muscles, while strengthening them.

Body 360 - A fast paced challenging hour of Full Body High Intensity Interval Training, Isometric burn and resistance sculpting to tone all 360 degrees of your body.

Classes change weekly to challenge you. You will burn calories and fat while creating long, lean muscles.

Circuit - Challenge yourself to a late afternoon of cardio and weights.

Jazzercise When you love your workout, the results come easy. That's why Jazzercise blends aerobics, yoga, pilates, and kickboxing movements into fun dance routines set to fresh music. All fitness levels welcome! *Jazzercise is not included in a Community Center fee schedule.*

Line Dancing - Enjoy a variety of dance moves to improve balance, memory skills, release stress and enhance your fitness.

Move with Mitch - In the hour long Move with Mitch you will be able to ease into the workout while warming up with some mobility exercises and movements, followed by a main activity (which will be different every week) and followed by a cool down with some possible stretches or exercises.

Pure Strength Challenge your body with this combination of strength exercises.

SPINNING® Spinning is a group cycling exercise that simulates an outdoor bike ride. You control the amount of resistance and speed with an instructor guiding you through a 1 hour session with 40 to 45 minutes of cycling.

Spin and Strength- What better way to get a cardio workout and weighted sculpting in one hour? Participants are on the bikes as well as in the studio empowering strength and tone.

Strengthen & Shred- Dynamic low-impact workout. Alternate using hand weights and bands with aerobic routines to maximize toning and calorie burn. It's fun, effective, and challenging.

YOGA

All Levels Yoga A challenging yet relaxing class concentrating on alignment of poses (asanas) creating strength, flexibility and tone. Based on the principles of Iyengar yoga.

Yoga-Wake up and create with many alignment and toning yoga poses. Challenging and relaxing!

Slow Flow Yoga Offers students the opportunity to slow down, take a breath and move mindfully into poses designed to open the body and calm the mind. Poses are held long enough to build strength with focus on body alignment. No prior yoga necessary.

Sunset Restorative Yoga-After a long day of activity, this class will be an hour of relaxing, strengthening and stretching.

Yoga Stretch Gently stretching with props with a slow progression into each pose. Poses are held for a longer period of time focusing on the breath, muscles involved and body alignment, increasing flexibility and range of motion. No prior yoga necessary.

Vinyasa Flow Yoga - Each position complements those that precede and follow. Practice focuses on the synchronization of breath and continuous flow of movement. Not recommended for beginners.

FREE CLASSES

Seniors In Motion (FREE) On your feet or sitting in your seat, join us for a free low impact, stimulating exercise class for seniors. We combine cardio, light weights and stretching in a fun whole body workout.

Senior Yoga (FREE) We will use the support of an armchair as we explore Vinyasa Yoga together. Class members will be encouraged to honor individual abilities as we practice yoga. An emphasis on breath, mindfulness, flexibility and balance.

Stretch & Balance Class (FREE) Regain your sense of balance and help prevent balance-related falls and injuries.

Core Class (FREE)- 30 minutes of sculpting with challenging exercises.

Class Fees

**Please Note: Fitness/Spinning Passes expire 1 year from purchase date.*

WALK-IN FITNESS/ SPINNING PASS:

Res/Member: \$5

Resident Non-Member: \$7

Non-Resident: \$8

FITNESS/SPINNING* 12-PUNCH PASS:

Res/Member: \$55

Resident Non-Member: \$65

Non-Resident: \$75

3 MONTH UN-LIMITED FITNESS/SPINNING PASS:

Res/Member: \$125

Resident Non-Member: \$145

Non-Resident: \$165

** 3 month unlimited (100 classes) fitness/spinning class