

## **Class Descriptions** *(Not all described formats are represented on the schedule)*

### **\*\*Group Exercise Classes\*\***

**Body Max:** STRAIGHT FROM THE UK!!! The fastest way to shape up and LOSE WEIGHT! This class was developed in England. Barbells will be used with varying weights for this full body workout.

*The trademark motto of this class is "YOUR BODY SHAPE WILL CHANGE!!!"*

**Cardio Blast:** Not a minute wasted in this high energy class. Non-Stop fat burning & cardio conditioning.

**Cycle:** Turn your goals into reality! Give cycling a try, see what you've been missing!

**CycleStrong:** Interval training at its finest. Cycling on the bike, weight training off the bike. Perfect combo!

**HIIT:** High Intensity Interval Training, a technique that optimizes results by pushing you through your limitations.

**Hills & Drills:** Build power & stamina on the bike, then onto 25 minutes of high intensity resistance training.

**Iron Circuit:** The Best of TRX & KETTLEBELL for utter obliteration and muscle development!

**Kettlebell:** Kettlebells and HIIT (high intensity intervals). Cardio and strength combined.

**LIFT!:** Integrative Fitness Training. Increase your strength & power, and improve the way your body functions and feels.

Elevate all 7 components of total fitness. *(50 min. class)*

**Muscle/Core:** Strength based class; create a firm, strong body, attack the core & boost your metabolism.

**PowerHour:** Get fit thru fun, challenging, ever-changing cardio & strength techniques. (Kettlebell, kickboxing...who knows what else!?)

**Pure Strength:** Efficient, effective total body strength training. Get stronger, leaner, and healthier! *(45 min. class)*

**Rebound:** Aerobic exercise performed while jumping on a mini trampoline. Strength training also included.

**Simply Sculpt:** A total body strength training workout utilizing bands, dumbbells, & body weight.

**Step & Strength:** ITS BACK... STEP, that is! Combining two fun and effective ways to shake up your workout!

**Strength & Core:** The name says it all!

**Surge Strength:** High rep, targeted, ALL weight training workout, set to music you'll LOVE! Fun & powerful program!

**Tabata Training:** "Microburst" intervals of specifically chosen exercises done in short duration at ultra-high intensity designed to create a prolonged afterburn.

**TRX:** The ultimate in cutting edge training while suspended with our TRX system for complete body training in every plane.

**Zumba:** Ditch the workout and join the party with this Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive. LIVE IT! *(60 min. class)*

### **\*\*Mind/Body Studio Classes\*\***

**Barre COREture:** Where ballet barre meets Yoga and Pilates. Emphasis on the importance of form and alignment while performing low-weight, high rep exercises to sculpt muscles.

**Fusion:** The perfect mix of Pilates, Yoga, & Barre. Focus on core strength, flexibility, & total conditioning.

**Pilates:** Traditional mat Pilates and functional training with resistance balls & flex bands. A workout that will tone, define, & sculpt the entire body.

**Vinyasa Yoga:** Find personal empowerment and vitality in your life. Focus on alignment to improve strength, flexibility, & energy.

**Yin Stretch & Meditation:** Explore the mind/body connection. Slow, long-held stretches, deep breath work, & meditation. De-stress, wind down, & feel refreshed with the powerful combo of Yin & Meditation.

**YogaFlow:** All levels, energizing flow. Modifications provides so poses are accessible to varying levels. Strength, flexibility, & breathing techniques. YOU WILL SWEAT!

**YogaStrength:** Intermediate-Advanced practice. (For those who've taken at least 8 previous yoga classes.)

## **Strongsville Recreation & Senior Center**

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### **Fitness Supervisor:**

**Denise Lengal**

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### **RECREATION CENTER HOURS**

	<u>May-Oct</u>	<u>Nov-Apr</u>
M-F	5am-8pm	5am-9pm
Sat	8am-4pm	8am-6pm
Sun	9am-2pm	9am-3pm

THANK YOU FOR YOUR PARTICIPATION.

WE ENCOURAGE YOU TO CONTACT US WITH  
COMMENTS, QUESTIONS, & SUGGESTIONS

ENJOY YOUR WORKOUT!!!!