

# Ehrnfelt Recreation Center

## Exercise Class Schedule

### Group Exercise Studio

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
	HIIT- 5:15am Abby		TRX- 5:15am Abby	Iron Circuit- 5:15am Amanda ----- Tighten&Tone- 6:00am Amanda		Zumba- 8:15am Melissa
	Pilates- 6:00am Abby		Pure Strength- 8:35am Abby	LIFT- 8:30am Pam		
	Cardio Blast- 9:30am Marissa	PowerHour- 9:30am Marissa	Cardio Blast- 9:30am Abby	PowerHour- 9:30am Tami	Kettlebell- 9:30am Abby	Iron Circuit- 9:30am Abby
PowerHour- 10:30am Tami	Simply Sculpt- 10:35am Marissa	Pilates- 10:35am Kellie	TRXtreme- 10:35am Marissa	Pilates- 10:35am Tami	Muscle/Core- 10:35am Marissa	BodyMax- 10:35am Karen
	NoonBootCamp- 12:00pm Marissa		Iron Circuit- 12:00pm Pamela		Kickbox/Core- 12:00pm Marissa	
	BodyMax- 5:30pm Karen	TrueFusion- 4:15pm Tami		TrueFusion- 4:15pm Karen		
	HIIT- 6:35pm Karen	ICE- 6:00pm Lisa	Zumba- 5:30pm Melissa	BodyMax- 5:30pm Karen		<i>Instructors subject to change **-Denotes new class or change in start time or day.</i>
			Power Hour- 6:35pm Marissa	Boot Camp 6:30pm Karen		<i>Updated Winter 2020</i>

## Class Descriptions (All classes are 55 minutes unless otherwise noted.)

### **\*\*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!!"!

**Boot Camp:** (45 min. class)

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

All of your favorite cardio techniques combined for a different workout every class.

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

**ICE:** Intense Crazy Exercise...!!!

**Iron Circuit:** The Best of TRX & KETTLEBELL for utter obliteration and muscle development! (50 min. class)

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

**Kickbox/Core:** Intensity! Energy! Sweat! Fun! (40 min. class)

**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)

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

**Tighten & Tone:** Low Impact strengthening and toning, utilizing bands and other modalities to sculpt muscles. (45 min class)

**TrueFusion:** Functional/compound strength training fused with high intensity intervals & circuits. (45min. class)

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

**TRXtreme:** Strength based class which will challenge your entire body. Use weights, bands, tubing, & more.

**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.

**BeMoved!:** Dance & get fit to adrenaline beats. We'll sweat, smile, & move! Easy to follow choreography of all different styles. Come get your jam on!

**BeStretched!:** Improve flexibility, movement, & range of motion through floor based & standing stretches for your entire body. (30 min. class)

**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.

**YogaFlow:** Flowing Yoga class for strength, flexibility, & breathing techniques. YOU WILL SWEAT!

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

### **Strongsville Recreation**

18100 Royalton Rd  
Strongsville, OH 44136  
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### **Fitness Supervisor**

### **Denise Lengal**

denise.lengal@strongsville.org

### **HOURS**

	<b>June-Sept</b>	<b>Oct-May</b>
M-F	5am-9pm	5am-10pm
Sat	8am-6pm	8am-8pm
Sun	9am-3pm	9am-5pm

**THANK YOU FOR YOUR  
PARTICIPATION**

**CONTACT US WITH COMMENTS,  
QUESTIONS, & SUGGESTIONS**

**ENJOY YOUR WORKOUT!!!!**

Strongsville  
Fitness  
Center