

ERHNFELT RECREATION CENTER

Exercise Class Schedule

Mind/Body Studio (Pilates/Barre/Yoga)

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
	Slow Flow- 8:30am Kellie		Pilates- 6:00am Abby	Pilates- 6:00am Pamela		
Yoga Flow- 9:30am Jessica	BarreCORE- 9:35am Kellie	Yoga Flow- 9:30am Kellie	YogaFlow 9:30am Cristen	Be Moved 9:30am Nicole	BarreCORE- 8:35am Abby	YogaFlow- 9:30am Tiffany
		Pilates- 10:35am Kellie (GroupEx Studio)		Be Stretched 10:35am Nicole	Yoga Flow- 9:35am Kellie	BarreCORE- 10:35am Abby
	Pilates- 5:30pm Barbara		Pilates- 5:30pm Barbara			
		Fusion- 7:00pm Lisa				<i>Instructors subject to change **-Denotes new class or change of time.</i>
			Yoga Flow- 7:00pm Jessica			<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!!!"

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.

drills, high intensity circuits, and many other tools to vary your workout and shock your body!

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.

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: All levels, energizing flow. Modification provided 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

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Fitness Supervisor

Denise Lengal

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HOURS

	June-Sept	Oct-May
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!!!!

