

# 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>
	YogaStrength 8:30am Meghan		Pilates- 6:00am Abby	Fusion- 6:00am Karen		YogaFlow- 8:30am Laura
Yoga Flow- 9:30am Patti	BarreCORE- 9:30am Kellie	Yoga Flow- 9:30am Meghan	BarreFire 9:30am Sarah	Yoga Flow- 9:30am Cristen	BarreCORE- 8:35am Abby	Pilates** 9:30am Feather
		Pilates- 10:35am Kellie (GroupEx Studio)	YogaFlow- 10:30am Cristen	Pilates- 10:35am Tami (GroupEx Studio)	Yoga Flow- 9:35am Kellie	BarreCORE- 10:35am Abby
		Yoga Flow- 12:00pm Tami				
	Pilates- 5:30pm Barbara		Pilates- 5:30pm Barbara			
		Fusion- 7:00pm Lisa				<i>Instructors subject to change</i> <b>** -Denotes new class or change of time.</b>
	BarreCORE- 7:35pm Rotation (GroupEx Studio)		Yoga Flow- 7:00pm Meghan			(Rotating Instructors- Lisa, Karen, Tami)  Revised September 2018

## 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.

**Fierce:** Fiery workout pulling no punches to maximize benefits for a full body blasting. Includes Plyo 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.

**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.

**BarreFire:** Turn up the heat in this combination Boxing/Barre class. Burn, strengthen, & lengthen.

**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**

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

**ENJOY YOUR WORKOUT!!!!**

*Strongsville Recreation*