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

## Rec-Plex Pass Classes

**Abdomenation:** 45 minutes of ab obliteration combined with mat and core work for a fab ab workout!

**Body Max:** STRAIGHT FROM THE UK!!! The fastest way to shape up and LOSE WEIGHT! This class was developed in England and flourished at the Greens Health Club. Barbells will be used with varying weights based on the exercise & muscles for this full body workout!
*The trademark motto of this class is "YOUR BODY SHAPE WILL CHANGE!!"!*

**BootyCamp:** 45 minutes of complete domination of your lower half for true toning benefits!

**Boxercise:** Classic boxing movements using gloves and bags.

**Classic Cardio:** All of your favorite cardio techniques, (step, hi-lo, kickboxing, etc) combined for a different workout every class.

**Chisel:** Chisel your body with fun & challenging interval, plyometric, & dynamic power movements!

**Iron Circuit:** The Best of TRX & KETTLEBELL for utter obliteration and muscle development! *50 mins*

**Kettlebell Express:** 45 minutes of Russian Kettlebell training.

**Kickboxing:** High impact, high energy, full body workout combining kicking & punching techniques with aerobics and a hip hop flare!

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

**Power Up:** This class includes interval and plyometric training taxing both the aerobic and anaerobic systems of the body. Aspects of kickboxing, core balance, and weights will be utilized.

**PY FUSION:** The best of Pilates and Yoga fused for the ultimate core and relaxations experience!

**Short Circuit:** Advanced revolutionary circuit designed to stimulate muscles and the heart. 45 minutes

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

**Tabata:** A form of interval training from Japan - using a mix of cardio and strength. It will take your workout to the next level whether you are a beginner, intermediate or advanced!! 45 minutes

**TRX:** The ultimate in cutting edge training while suspended with our TRX system for complete body training body in every plane. 50 minutes

**Totally Step:** For those who have a passion for an all step class, this is for you!!!

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

## Registration classes that are not a part of Rec-Plex passes.

**Yoga:** 75mins. Re-energize, renew, & relax yourself while challenging your body. 8 weeks

**Gentle Yoga:** 75mins. Improve flexibility, strength, & reduce stress. 8 weeks

**Karate:** 60mins. Learn traditional self defense with Okinawan Isshinryu Karate. 8 weeks

**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 mins*

### Class Policies

HAVE FUN!

1) Participants must show recplex pass, get it punched, and sign in at the front desk. front desk will assign a card.
2) Proceed to the class and show your card to the instructor.
3) You **MUST** bring your laminated card to each class you attend! Please show up early, admittance will not be allowed to any class without prior showing of the card.
4) There are **NO** guaranteed refunds for lost or stolen passes.
5) Passes are only good for the month listed on the pass.
6) Passes are **non-transferable & non-refundable**.
7) All classes have a limited number of spaces available on a first come basis.

### Drop-in policy

Participants are permitted to drop-in group exercise classes. Drop-ins will not be taken over the phone and are not permitted in classes once the maximum number of participants has been reached. Drop-ins also will receive the laminated card they must show the instructor for admittance into class.


**Strongsville Recreation**
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**Fitness Supervisor**
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**Fitness Assistant**
denise.lengal@strongsville.org


**CLUB HOURS**

| | June-Sept | Oct-May |
|---|---|---|
| Mon–Fri | 5am-9pm | 5am-10pm |
| Saturday | 8am-6pm | 8am-8pm |
| Sunday | 12pm-5pm | 9am-5pm |

Ehrnfelt Recreation