

North Ridgeville Parks & Recreation Department
Spring-Summer Fitness Schedule: Effective May 1-August 31



MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:	SATURDAY:	SUNDAY:
		9:00-10:00 a.m. * CIRCUIT TRAINING Midori Sato 60 minutes	9:00-10:00 a.m. * GENTLE YOGA Midori Sato 60 minutes			
11:00 a.m.-12:30 p.m. * KID'S YOGA WORKSHOP Gail Johnson 1.5 hours			6:00-7:00 p.m. * BODY SCULPTING Body Sculpting Certified Instructor			
6:30-7:30 p.m. * TAI CHI BALANCE Midori Sato 60 minutes	6:00-7:00 p.m. * BODY SCULPTING Body Sculpting Certified Instructor 30 minutes		7:00-7:30 p.m. * PHENOMENAL ABS Body Sculpting Certified Instructor 30 minutes			
	7:00-7:30 p.m. * PHENOMENAL ABS Body Sculpting Certified Instructor 60 minutes	6:15-7:15 p.m. * CARDIO BOOTCAMP Robin Rizzo-Slone 60 minutes	6:30-7:30 p.m. * MIXED LEVEL YOGA Gail Johnson 60 minutes			
	6:30-7:30 p.m. ZUMBA FITNESS Isa Serra 60 minutes	7:30-8:30 p.m. * YOGALATES Gretchen Banak 60 minutes	6:30-7:30 p.m. ZUMBA FITNESS Isa Serra 60 minutes			
			7:45-8:45 p.m. * BEGINNER YOGA Rachael Schreibeis 60 minutes			

Instructor Notification:

New students or those with injuries or medical conditions should notify the instructor before class begins so that modifications can be suggested if necessary.

Cancellations will be posted on **Parks & Recreation Website** and **Facebook Page**. Cancellations will be posted 2 hours prior, no sooner.

Class schedule can be found under the **Schedules Tab** on the parks and recreation website.

Schedule and prices are subject to change!

Zumba Fitness is Drop In Only, \$4.00 resident rate and \$5.00 non-resident per class.

Class denoted with (*) is deemed a specialty class and requires pre-registration. Please register **5 days** prior.

TURN OVER FOR CLASS DESCRIPTIONS AND LOCATIONS

Group Exercise Class Descriptions and Locations

Class:	Description:
Beginner Yoga (SV)	We are all beginners! You will receive personalized instruction in this 6 week course that introduces fundamentals of Yoga. You will explore classic yoga poses, learn healthy body alignment, experiment with modifications and props, and become comfortable with the nature of American Yoga.
Body Sculpting Tuesdays: (SV) Thursdays: (CC)	Body Sculpting fitness classes are designed to make you lean and defined, providing a truly results-oriented whole body workout. Sculpt and tone muscles, strengthen and define your core, and improve flexibility all while burning fat and calories. Gain strength, balance, flexibility and endurance while firing up your metabolism, helping you lose weight and inches while having fun. Bring a set of 3-5 lb. dumbbells, mat and stretch band to class.
Cardio Bootcamp (SV)	Perfect combination of cardio and body toning / strength training strengthen all muscles with simple movements geared towards all ages and fitness levels overall head to toe workout that will get your heart pumping, blood flowing, while burning calories.
Circuit Training (SV)	Participants work through a series of 8 to 10 exercises for a number of sets with little rest between exercises. This class focuses on developing your strength, aerobic endurance, flexibility, and coordination. Modifications are provided, so all participants work at their own level. All ages and fitness levels welcome.
Gentle Yoga (SV)	A calming stress-relieving yoga class designed to stretch and strengthen the body gradually. Emphasis is on building awareness of the body and breathing techniques. Yoga poses are practiced at a slow pace with attention to alignment and detail. Props, such as chairs, straps, and blocks, are used to assist the participant in the yoga postures. Seniors also welcome.
Kid's Yoga Workshop (SV)	Developed just for kids, Gail Johnson offers a yoga workshop that introduces children to a fun and meaningful practice that reduces stress, increases confidence and coordination, enhances flexibility and body awareness. Yoga poses, meditation, and breath work are simple, yet have long lasting effects on the body.
Mixed Level Yoga (SV)	This is a moderately paced, challenging, and fun class that will develop strength, flexibility, and balance as well as creating a heightened awareness of the mind / body connection using elements of Hatha, Vinyasa, and Power Yoga. Previous exposure to yoga strongly recommended for those wishing to enroll in the series.
Phenomenal Abs Tuesdays: (SV) Thursday: (CC)	Strengthen and firm your core, flatten your belly, and define your midsection in this 30-minute class with new exercises devoted to working on the upper, lower and side abdominal class. Suitable for all fitness levels. Only equipment needed is an exercise mat and stretch band.
Tai Chi Balance (SC)	Good balance is essential for our daily life activity, and tai chi can help improve your balance and confidence at any age. This class focuses on the basic movements of Tai Chi to improve balance, flexibility, and coordination while strengthening muscles of the ankles, knees, hips and legs.
Yogalates (SV)	An upbeat class that combines the slow controlled breathing & stretching of Yoga with core tightening and strengthening of Pilates. All ages, body types & fitness levels welcome. Please bring a yoga mat.
Zumba Fitness T / TH: (SC)	Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Class is 60 mins and offered year round.

Locations:

SV: Safetyville Building 35753 Bainbridge Road

CC: Community Cabin 35717 Bainbridge Road (facility is directly across from NR Public Library)

SC: Senior Center 7327 Avon Belden Road