

North Ridgeville Parks & Recreation Department
Summer 2019 Fitness Schedule: Effective April 1 - August 30



MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:	SATURDAY:	SUNDAY:
			9:00-10:00 a.m. *GENTLE YOGA Midori Sato 60 minutes	8:00 -9:00 a.m. *CHAIR YOGA Heather Gillespie 60 minutes		
10:00-11:00 a.m. *INTRO TO YOGA SERIES Diana Jancura 60 minutes			10:15-11:15 a.m. *ZUMBA GOLD Midori Sato 60 minutes	9:00 -10:00 a.m. *CHAIR YOGA Heather Gillespie 60 minutes		
		6:15-7:15 p.m. *CARDIO BOOTCAMP Jessica Beckett 60 minutes	6:15-7:15 p.m. *BEGINNER BOOTCAMP Jessica Beckett 60 minutes			
6:30-7:30 p.m. *TAI CHI BALANCE Midori Sato 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			
6:30-7:30 p.m. *TAI CHI BALANCE II Midori Sato 60 minutes			7:30-8:30 p.m. *ALL LEVELS YOGA Danielle Smith 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**. Sign up for text alerts through **RainOut** to receive program cancellations. **RainOut** can be found on our homepage.

Class schedule can be found under the **Schedules Tab** on the parks and recreation website.
 Schedule and prices are subject to change!

Zumba Fitness with Isa on T/TH is **Drop In Only**, \$4.00 resident rate and \$5.00 non-resident per class.

TURN OVER FOR CLASS DESCRIPTIONS AND LOCATIONS

Sign up Online:
www.nridgeville.com/parksandrec

Sign up at our Office M-F 8:00 a.m.-4:00p.m.
 7307 Avon Beldon Rd. North Ridgeville, OH 44039

RainOut Line:
 440-210-6226

Office:
 440-353-0825

Facebook:
 @nridgevilleparksandrec

Group Exercise Class Descriptions and Locations

Class:	Description:
All Levels Yoga (SV)	Our yoga class allows beginners and intermediate levels to learn something. You will receive personalized instruction that shows the fundamentals of yoga. You will explore classic yoga poses, learn healthy alignment, experiment with modifications and props, and become comfortable with Yoga. Each Session is 6 weeks.
Beginner Bootcamp (SV)	This energetic 50-minute boot camp style class is designed to provide a lower intensity boot camp as the instructor gets your heart pumping! This class focuses on basic cardio and strength exercises using body weight and weights. Each class will be different but you are always guaranteed a great workout. This class is perfect for beginner and intermediate fitness levels.
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.
Chair Yoga (SV)	This class allows you to perform postures and breathing exercises with the aid of a chair. You can experience the many benefits of yoga without having to get up or down from the floor. Benefits of this class include increased balance, strength, flexibility, range of motion, and stress reduction.
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.
Intro to Yoga Series (SV)	This 6 week series will introduce you to "yoga language" and other terms you may hear in a yoga class. This series will provide you with a basic understanding of foundational yoga poses such as child's pose, downward facing dog, cobra, warrior 1 & 2, tree, triangle & sun salutations. If you can breathe you can do yoga, all body shapes and levels of fitness are welcome to come play, explore, and learn about yoga. Come experience the benefits that yoga enables such as mindfulness, mental focus, stress management, and relaxation... as well as stretching and strengthening of your body.
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.
Tai Chi Balance II (SC)	This class is for those who have taken Tai Chi Balance previously and want to learn a continuation of new movements. We will review the previous 12 forms and learn new forms every week. Join us and take your Tai Chi Balance skills to the next level.
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.
Zumba Gold (SV)	Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

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