

North Ridgeville Parks & Recreation Department
Winter 2019 Fitness Schedule: Effective January 1 - April 30



MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:	SATURDAY:	SUNDAY:
			9:00-10:00 a.m. *GENTLE YOGA Midori Sato 60 minutes			
			10:15-11:15 a.m. *ZUMBA GOLD Midori Sato 60 minutes			
					11:30 a.m.-12:30 p.m. * YOGA CLUB Diana Janncura 60 minutes	
	6:15-7:15 p.m. *FAMILY 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			
			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 is Drop In Only, \$4.00 resident rate and \$5.00 non-resident per class.

TURN OVER FOR CLASS DESCRIPTIONS AND LOCATIONS

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 American 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.
Family Yoga (SV)	Family yoga classes are a great way for parents (or caregiver) and children to share a healthy activity, bring a little peace into their busy schedules, and simply enjoy time together! Activities include age appropriate poses (lots of partner poses) breathing exercises, relaxation and cooperative games.
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.
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.
Yoga Club (SV)	Yoga Club is a fun and engaging way for children of all ages to practice the art of yoga, a form of exercise that builds mind, body and spirit through stretching, breathing, movement, poses, strengthening activities and games. Yoga Club is for students seeking to stay active and strengthen themselves in a safe, non-competitive environment. It is not necessary for members to be knowledgeable in yoga but to have an attitude and willingness to participate with an open heart and mind. Yoga Club is taught by a 200-hour certified Yoga instructor.
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
