

North Ridgeville Parks & Recreation Department

Fall 2023 Fitness Schedule: Effective September 1 - December 31



MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:	SATURDAY:	SUNDAY:
	6:30-7:30 p.m. *ZUMBA FITNESS Isa Serra <i>Monthly Sessions</i>	10:00-11:00 a.m. *STROLLER STRONG Danielle Stribula <i>6-Week Sessions</i>		10:00-11:00 a.m. GYM & STORY TIME NR Library & NRPRD Staff 09.15, 10.06, 11.03 & 12.01	9:00-10:00 a.m. ZUMBA FITNESS Michelle Carey Twice a Month	
		6:30-7:30 p.m. *SPINNING® Ralph Mlady <i>6-Week Sessions</i>			1:00-1:45 p.m. *KIDS IRISH DANCE Peggy Cannon <i>4-Week Sessions</i>	
	6:00-7:00 p.m. Gentle Yoga Kip Cronk <i>6-Week Sessions</i>	1:00-1:45 p.m. *KIDS IRISH DANCE Peggy Cannon <i>4-Week Sessions</i>	6:30-7:30 p.m. *ZUMBA FITNESS Isa Serra <i>Monthly Sessions</i>			
6:30-7:30 p.m. *HIIT YOGA Danielle Smith <i>6-Week Sessions</i>	6:30-8:00 p.m. Mindful Yoga Kip Cronk 10.24 & 12.19	6:30-8:00 p.m. Mindful Yoga Kip Cronk 09.06 & 11.15	7:30-8:30 p.m. *ALL LEVELS YOGA Danielle Smith <i>6-Week Sessions</i>			

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 & Recreation website.
Schedule and prices are subject to change!
Zumba Fitness on T/TH is Drop-in or pre-registration, \$6.00 resident rate and \$7.00 non-resident per drop-in 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

Sign up Online: nridgeville.org/parksandrec	Sign up at our Office M-F 8:00 a.m. - 4:30 p.m. 7327 Avon Belden Rd. North Ridgeville, OH 44039	Rainout Line: 440-210-6226	Parks & Rec Main Line: 440-353-0860	Facebook: @ nridgevilleparksandrec
				Instagram:

GROUP EXERCISE CLASS DESCRIPTIONS AND LOCATIONS

Class:	Description:
All Levels Yoga (SV)	Our class, beginners to experienced students, will do poses focusing on alignment, focus-point and breath. The class is a low-to-medium paced flow of movement. You will receive personalized instruction in this 6-week course that shows the 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 yoga.
HIIT Yoga (SV)	A blend of yoga with HIIT (High Intensity Interval Training), with low-intensity options, is a workout designed for all levels wanting to develop their fitness & yoga practice. HIIT is alternating intervals of high intensity workout with rest (2:1 ratio-40 seconds of HIIT to 20 secs. in a resting pose). The portions of the class are: 5 minutes centering, 10 minutes yoga warm-up flow, 30 minute yoga HIIT, 10 min. cool-down yoga flow & ending.
Mindful Yoga (SV)	Join us for a 90-minute yoga experience that combines gentle and restorative styles. This event may help with strength, balance, range of motion and relaxation. Poses will include those on our backs, stomachs, hands & knees, and standing. Modifications may be made for those in need. No yoga experience is necessary, and everyone is invited. If you have never tried yoga this is a perfect first class. Please dress comfortably and bring a yoga mat, blanket and pillow.
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. Each session is 6 weeks.
Spinning® (SD)	When in need of a challenging workout, innovative equipment, or a flat-out fun experience, look to Spinning and start enjoying the benefits of indoor cycling. This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. An indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning. Each session is 6 weeks. Please bring a water bottle and towel.
Stroller Strong (SD)	Stroller Strong is an energetic, total-body workout designed for moms with kids in tow! Each 60 minute workout focuses on strength training, basic cardio, and core restoration, all while entertaining little ones with songs, activities, and fun! The Stroller Strong instructor is skilled to meet you where you are mentally and physically by providing motivation and modifications in a judgement free zone so you get the best workout possible! You'll leave class feeling connected, successful, and energized. No mommy guilt here! This class is all about self-care in a supportive and encouraging environment.
Zumba® Fitness (SD TUES-TH-SAT)	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 an hour and offered year-round.

Safetyville (SV)
35753 Bainbridge Rd.

Shady Drive (SD)
37077 Shady Dr.

Senior Center (SC)
7327 Avon Belden Rd.

South Central Park (SCP)
7565 Avon Belden Rd.

TOT EXERCISE CLASS DESCRIPTIONS AND LOCATIONS

Class:	Description:
Gym And Story Time (SD)	Come join us with North Ridgeville Library for a story and some movement to burn off some energy. Children can come and have some fun while making new friends. Your child will experience gross motor movements and social skills, with stories and a snack.

YOUTH EXERCISE CLASS DESCRIPTIONS AND LOCATIONS

Class:	Description:
Kids Irish Dance (SV)	The class teaches proper technique for Traditional Irish Dances. In addition, dancers will learn coordination, poise, movement and rhythm with emphasis on the basic style and characteristics which make Irish Dance a unique art form. Irish Dance is full of energy with jumps, kicks and skips. This dance style uses rapid footwork with crossed feet keeping to the rhythm of Irish music. Age-appropriate activities are included to engage the dancers. Dancers will benefit from the many wonderful health benefits of Irish Dance.

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