

North Ridgeville Parks & Recreation Department
 Winter 2024 Fitness Schedule: Effective January 1 - April 30



MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:	SATURDAY:	SUNDAY:
6:00-7:30 p.m. *RESTORATIVE SOUND BATH Kip Cronk & Becky Hopp <i>01.22 & 03.18</i>	6:00-7:00 p.m. *Ashtanga Yoga Kip Cronk 8-Week Sessions	5:00-5:45 p.m. *KIDS IRISH DANCE Peggy Cannon 4-Week Sessions				
	6:30-7:30 p.m. *ZUMBA FITNESS Isa Serra Monthly Sessions	10:00-11:00 a.m. *STROLLER STRONG Danielle Stribula 6-Week Sessions		10:00-11:00 a.m. GYM & STORY TIME NR Library & NRPRD Staff <i>01.05, 02.02, 03.01, & 04.05</i>	9:00-10:00 a.m. ZUMBA FITNESS Michelle Carey Twice a Month	
6:30-7:30 p.m. *SOUND BATH Becky Hopp <i>01.08, 02.12, 03.11, & 04.08</i>	7:15-8:15 p.m. *Restorative Yoga Kip Cronk 4-Week Sessions	6:30-7:30 p.m. *SPINNING® Ralph Mlady 6-Week Sessions				
	6:00-7:00 p.m. Gentle Yoga Kip Cronk 8-Week Sessions	6:00-7:00 p.m. *Tots Yoga Brandy Reichman <i>01.24, 02.21, & 03.20</i>	6:30-7:30 p.m. *ZUMBA FITNESS Isa Serra Monthly Sessions			
6:45-7:45 p.m. *HIIT YOGA Danielle Smith 6-Week Sessions		6:30-8:00 p.m. Mindful Yoga Kip Cronk <i>01.17,02.21,03.13,04.17, & 05.15</i>	7:30-8:30 p.m. *ALL LEVELS YOGA Danielle Smith 6-Week Sessions			

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.
Ashtanga Yoga (SV)	Ashtanga is a set sequence of postures linked together with vinyasa, or flow of movement, in order to build heat in the body. The aim is for every breath taken to be a conscious one, creating a moving meditation. The set sequence is a consistent flow of dynamic movement designed to stretch and strengthen your body and to allow breath and energy to flow through your body easily. The Ashtanga yoga sequence is set, it never changes. So, you can go to any Ashtanga class in the world and be guided through the exact same postures. The benefit of this is that you will start to see progress in your practice as your body begins to find ease in the postures that you once found difficult.
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.
Restorative Sound Bath (SC)	Take a 90 minute relaxation journey with 60 minutes of easy restorative yoga and an extended 30 minute Savasana. During the entire journey crystal bowls and an eclectic mix of music will be played. The combination of yoga and crystal bowls will lead you into a deep state of peaceful relaxation. Bring a yoga mat, comfortable clothing and/or your favorite blanket and pillow.
Restorative Yoga (SV)	Restorative yoga is a restful practice that is all about slowing down and opening your body through passive stretching. If you take restorative yoga class, you may hardly move at all, doing just a few postures over the course of an hour. Restorative yoga is suitable for practitioners of all levels. By definition, restorative yoga is a restful practice that holds yoga poses (asanas) for a longer duration using props like yoga blocks, blankets, and bolsters. It is a practice of deep relaxation that emphasizes the meditative aspect of yoga - the union of body and mind. Through the use of props for support, many of the postures are held almost effortlessly.
Sound Bath (SC)	Join Becky Hopp from With a Grateful Heart Wellness, as she takes you on a relaxing journey using the highest grade Crystal Alchemy Singing Bowls. This full body relaxation experience will help with stress, tension, sleeplessness, anxiety, depression, grief, physical pain, addiction and more. Based on ancient healing techniques, this occurs through the sound wave vibrations which calm the nervous system and balance the subtle body. Are you ready to let go of stress & worry? Be prepared to leave the session feeling refreshed, radiant, and glowing from the inside out. Come be bathed in the healing vibrations of sound, all from the comfort of your own yoga mat.

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.
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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.
Tots Yoga (SV)	Join Brandy Reichman for Tots Yoga. Children ages 3-6 will use story time to learn different yoga poses and strategies to help them develop body awareness, self-control, flexibility, and strength. This program is designed to enhance their creativity, confidence and coordination through the duration of the class.

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