

North Ridgeville Parks & Recreation

Fall Group Fitness Schedule: Effective September 1-December 31



MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:	SATURDAY:	SUNDAY:
		11:00AM-NOON *MOTION AND MEDITATION Jeanine Surace				7:30-9:00AM *MILE MATES Jessica Beckett
6:30-7:30PM *SOUND BATH Becky Hopp		10:00-11:00AM *STROLLER STRONG Danielle Stribula			9:00-10:00AM ZUMBA FITNESS Michelle Carey	10:00-11:00AM *UPLIFT Jennifer Wiedt
6:30-7:30PM *SPINNING® Holly Haputa	6:30-7:30PM *ZUMBA FITNESS Isa Serra	6:30-7:30PM *SPINNING® Ralph Mlady	6:30-7:30PM *ZUMBA FITNESS Isa Serra			
6:30-7:30PM *HIIT YOGA Danielle Smith			7:30-8:30PM *ALL LEVELS YOGA Danielle Smith			

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 LOCATION

Sign up Online:

nridgeville.org/parksandrec

Sign up at our Office MON-FRI 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:

440-490-2052

Facebook:

@ nridgevilleparksandrec

Instagram:

@ nridgeville_parksandrec

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.
Motion & Meditation (SV)	Join us for movements in a slow, focused manner, meditation and deep breathing. Benefits include reducing stress, help with arthritis conditions, and promoting overall health and wellness. Wear comfortable clothing and shoes that are closed.
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 with 5 minutes savasana. Receiving the benefits both a HIIT (cardio) & Yoga (balance& flexibility) have to offer!
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 the 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)	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.
UPLIFT (SV)	UPLIFT has cracked the code to create a strength-training program that's the perfect balance of effective and FUN! This is not a dance class, but each routine is choreographed to iconic music and you're likely to find a shimmy or a booty shake. Class starts with a cardio warm-up and transitions to standing routines with equipment, alternating between upper and lower body. A balance track is challenging, rewarding, and a welcome change of pace before transitioning to the mat. We complete the workout with routines for the core, booty, abs and chest and cool down with deep stretching. The experience leaves you feeling strong and confident.

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.