

# North Ridgeville Parks & Recreation Department

## Spring-Summer 2025 Fitness Schedule: Effective May 1-August 31



MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:	SATURDAY:	SUNDAY:
6:00-7:30PM <b>*RESTORATIVE SOUND BATH</b> Kip Cronk & Becky Hopp		8:30-9:30AM <b>*TOTAL BODY TONE</b> Kathy Hungerman				7:30-9:00AM <b>*MILE MATES</b> Glow Fitness & Transcendence Health
6:30-7:30PM <b>*SOUND BATH</b> Becky Hopp		10:00-11:00AM <b>*STROLLER STRONG</b> Danielle Stribula			9:00-10:00PM <b>ZUMBA FITNESS</b> Michelle Carey	10:00-11:00AM <b>*UPLIFT</b> Jennifer Wiedt
6:30-7:30PM <b>*SOUND BATH</b> Becky Hopp	6:00-7:00PM <b>*GENTLE YOGA</b> Kip Cronk	7:00-8:30PM <b>*DEEP PEACE RESTORATIVE YOGA</b> Kip Cronk				
6:30-7:30PM <b>*SPINNING®</b> Holly Haputa	6:30-7:30PM <b>*ZUMBA FITNESS</b> Isa Serra	6:30-7:30PM <b>*SPINNING®</b> Ralph Mlady	6:30-7:30PM <b>*ZUMBA FITNESS</b> Isa Serra			
6:30-7:30PM <b>*HIIT YOGA</b> Danielle Smith			7:30-8:30PM <b>*ALL LEVELS YOGA</b> 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

<b>Class:</b>	<b>Description:</b>
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.
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. Please bring a yoga mat.
Mile Mates (SCP)	Seeking motivation and direction! Your local community has the answer! Become a part of Mile Mates, a novice running club that gathers every week to assist you in getting ready for the Stache Dash event in November. We will gather at South Central Park, where a 10-foot-wide asphalt trail links to the city center, offering a 3-mile path. Together, we will gradually build up to running a 5K (3.1 miles) each week. You will also receive personalized running schedules to help you stay focused during the week. Upon completion, participants will get a t-shirt and a discount for the Stache Dash. Additionally you have access expert trainers who can address any questions you may have.
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.
Deep Peace Restorative Yoga (SV)	Enjoy 90 minutes of relaxation that includes meditation, mindfulness and Restorative Yoga. This style of yoga is designed to provide mental and physical relaxation rather than moving quickly from one pose to another. There will be fewer poses, but they will be held three to five minutes to deepen your stretch, clear your mind and sink into your body while focusing on your breath. No experience is necessary. Please wear comfortable clothing and bring a yoga mat, pillow and blanket.
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.
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.

**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.