

## North Ridgeville Parks & Recreation

### Winter Group Fitness Schedule: January 1-April 30



MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:	SATURDAY:	SUNDAY:
6:30-7:30PM <b>*SOUND BATH</b> Becky Hopp		10:00-11:00AM <b>*STROLLER STRONG</b> Danielle Stribula			9:00-10:00AM <b>ZUMBA FITNESS</b> Michelle Carey	10:00-11:00AM <b>*UPLIFT</b> Jennifer Wiedt
	6:00-6:50PM <b>*GENTLE YOGA</b> Kip Cronk	6:00-7:00PM <b>*KIDS YOGA</b> Brandy Reichman			9:00-9:45AM <b>*ZUMBA GOLD</b> Moirra Erwine	
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	7:00-7:50PM <b>*RESTORATIVE YOGA</b> Kip Cronk	6:30-7:30PM <b>*TABATA STRENGTH</b> Carlie Jones	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.
Kids Yoga (SV)	Kids will improve their strength, balance, attention and coordination through fun yoga stories, games, and poses. They will learn healthy stress and anxiety coping mechanisms and work on building self-esteem in a non-competitive environment. They will also learn about self-love and the importance of showing kindness to others. Please bring a yoga mat.
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 benefits
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 Signing 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.
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.
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.
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.
Restorative Yoga (SV)	Designed to provide you mental and physical relaxation. Rather than move quickly from one pose to the next or through a series of repetitive motions, restorative yoga sessions are built around fewer yoga poses that you hold for three to five minutes at a time or longer. The goal is to deepen your stretch, clear your mind and sink into your body while you focus on your breath.
Tabata Strength (SV)	Is a total body workout utilizing hand held weights. Participants will perform alternating total body and abdominal focused exercises in 20 second intervals. Progressions and modifications will be provided. This class is suitable for all fitness levels.
Zumba Gold (SV)	This is a high energy, medium impact dance fitness class with intentionally choreographed moves and simple, easy-to-follow combinations to keep joints stacked allowing the participant to burn calories and have a blast to music that motivates! Think Merengue, Salsa, Cumbia, Tango, Belly Dancing, Modern Arabic Music, Flamenco and Swing.

**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.