

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



MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:	SATURDAY:	SUNDAY:
			9:00-10:00 a.m. <b>*GENTLE YOGA</b> Midori Sato 60 minutes			10:30-11:30AM <b>*GOLF FITNESS</b> Midori Sato 60 minutes
			10:10-11:10 a.m. <b>*SENIOR FIT</b> Midori Sato 60 minutes			
6:30-7:30 p.m. <b>*TAI CHI BALANCE</b> Midori Sato 60 minutes	6:30-7:30 p.m. <b>ZUMBA FITNESS</b> Isa Serra 60 minutes	6:15-7:15 p.m. <b>*CARDIO BOOTCAMP</b> Jessica Beckett 60 minutes	6:30-7:30 p.m. <b>*MIXED LEVEL YOGA</b> Lisa Morton 60 minutes			
	7:15-8:15 p.m. <b>*BARRE BOOTCAMP</b> Laura Hake 60 minutes	7:30-8:30 p.m. <b>*YOGALATES</b> Gretchen Banak 60 minutes	6:30-7:30 p.m. <b>ZUMBA FITNESS</b> Isa Serra 60 minutes			
			7:45-8:45 p.m. <b>*BEGINNER YOGA</b> Lisa Morton 60 minutes			

- **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**. Cancellations will be posted 2 hours prior, no sooner.  
 Class schedule can be found under the **schedules tab** on the parks and recreation website.  
 Schedule and prices are subject to change!
- Zumba Fitness is Drop In Only, \$4.00 resident rate and \$5.00 non-resident per class.
- Class denoted with ( \* ) is deemed a specialty class and requires pre-registration. Please register **7 days prior**.

**TURN OVER FOR CLASS DESCRIPTIONS AND LOCATIONS**

## Group Exercise Class Descriptions and Locations

<b>Class:</b>	<b>Description:</b>
Barre Bootcamp (SV)	Sculpt and tone your entire body at the Barre! Barre Bootcamp is a full body workout targeting all of the areas we love to exercise the most: core, upper body and lower body with a special emphasis on the glutes and thighs. This class will take you through interval strength training, isometric holds and deep muscle work that will all result in strong, long and beautiful muscles.
Beginner Yoga (SV)	We are all beginners! You will receive personalized instruction in this 6 week course that introduces 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 American Yoga.
Cardio Bootcamp (SV)	Perfect combination of cardio and body toning / strength training strengthen all muscles with simple movements geared towards all ages and fitness levels overall head to toe workout that will get your heart pumping, blood flowing, while burning calories.
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.
Golf Fitness (SV)	Learn safe and healthy golf specific exercise that will increase strength, flexibility, stability, and power and reduce injury. The participants receive TPI (Titleist Performance Institute) golf fitness assessment and TPI golf swing analysis. This program helps golfers to get ready for a new season.
Mixed Level Yoga (SV)	This is a moderately paced, challenging, and fun class that will develop strength, flexibility, and balance as well as creating a heightened awareness of the mind / body connection using elements of Hatha, Vinyasa, and Power Yoga. Previous exposure to yoga strongly recommended for those wishing to enroll in the series.
Senior Fit (SV)	Low impact cardio workout, muscle strength, balance, flexibility, and relaxation. A little bit of everything in 60 minutes. This class is designed to improve activities of daily living for seniors.
Tai Chi Balance (SC)	Good balance is essential for our daily life activity, and tai chi can help improve your balance and confidence at any age. This class focuses on the basic movements of Tai Chi to improve balance, flexibility, and coordination while strengthening muscles of the ankles, knees, hips and legs.
Yogalates (SV)	An upbeat class that combines the slow controlled breathing & stretching of Yoga with core tightening and strengthening of Pilates. All ages, body types & fitness levels welcome. Please bring a yoga mat.
Zumba Fitness T / TH: (SC)	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 60 mins and offered year round.

**Locations:**

SV: Safetyville Building 35753 Bainbridge Road

CC: Community Cabin 35717 Bainbridge Road (facility is directly across from NR Public Library)

SC: Senior Center 7327 Avon Belden Road