

# Group EX

OCTOBER—DECEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Les Mills Body Pump</b> 6-7am Michael, S1	<b>Barre</b> 8:30-9:15am Kristin, S1	<b>Strength Fusion</b> 5:45-6:30am Margery, Gym	<b>Strength Fusion</b> 5:45-6:30am Margery, Gym	<b>Les Mills Body Pump</b> 6-7am Sharon S., S1	<b>Cycle</b> 7:30-8:15am Margery	
<b>Aquafit</b> 8:30-9:30am Judy, Pool	<b>ZUMBA Gold</b> 9-9:45am Rachel, Gym	<b>Les Mills Body Pump</b> 6-7am Michael, S1	<b>ZUMBA Gold</b> 9-9:45am Rachel, Gym	<b>Aquafit</b> 8:30-9:30am Judy, Pool	<b>Les Mills Body Pump</b> 8:30-9:30am Kristin, S1	
<b>Strength Fusion</b> 9:15-10am Christy, S1	<b>SS CLASSIC</b> 9:45-10:30am Cindy/Mo, Gym	<b>Aquafit</b> 8:30-9:30am Judy, Pool	<b>Run River Run</b> 9-10am Mary, Pool	<b>Pilates Bootcamp</b> 9-9:45am Sharon, Cycle	<b>Aquafit</b> 8:30-9:30am Mary, Pool	
<b>Arthritis Plus</b> 9:35-10:35am Judy, Pool	<b>SS SPLASH</b> 10:30-11:30am Jessica, Pool	<b>Circuit</b> 9-10am Franci, S1	<b>SSBOOMMOVE</b> 10:30-11:15am Cindy/Joyce, Gym	<b>Arthritis Plus</b> 9:35-10:35am Judy, Pool	<b>Cycle</b> 9:30-10:15am Mallory	
<b>SS CLASSIC</b> 10:30-11:15am Cindy/Mo, Gym		<b>SS CIRCUIT</b> 9:30-10:15am Mo, Gym	<b>SS SPLASH</b> 10:30-11:30am Mary, Pool	<b>SS CLASSIC</b> 9:30-10:15am Cindy/Joyce, Gym		
<b>Basic Arthritis</b> 10:45-11:30am Judy, Pool		<b>Arthritis Plus</b> 9:35-10:35am Judy, Pool	<b>SS ENERCHI</b> 12-1pm Mary, Gym	<b>Combat Cancer</b> 10-10:45am Katie, Cycle		
	<b>PIYO</b> 5:30-6:15pm Jessica, S1	<b>Basic Arthritis</b> 10:45-11:30am Judy, Pool		<b>SS Yoga</b> 10:30-11:30am Amy, Gym		
	<b>Cycle</b> 6-6:45pm Margery					
<b>Les Mills Body Pump</b> 5:30-6:15pm Sharon S., S1	<b>Shallow Water</b> 6:30-7:30pm Mary, Pool		<b>Dance Fitness</b> 5:30-6:15pm Stacey, S1			
<b>POUND</b> 5:45-6:30pm Melissa, Cycle	<b>Les Mills Body Pump</b> 6:30-7:30pm Kristin, S1	<b>Cycle &amp; Strength</b> 5:30-6:15pm Mallory/Sam	<b>Les Mills Body Pump</b> 6:30-7:15pm Kristin, S1			
<b>Pedal &amp; Pulse</b> 6:45-7:30pm Jessica	<b>Yoga</b> 7:15-8:15pm Joyce, Cycle	<b>Tai Chi Easy</b> 7-8pm Mike, Cycle	<b>Yoga</b> 6:30-7:30pm Claudia, Cycle			

	Silver Sneakers
	cardio
	cycle
	strength
	mind/body
	Les Mills Body Pump
	Aquatics

**Gym** = 20 people MAX

**Pool** = 15 MAX

**Cycle / Studio** = 8



Class Fees	Member	Resident	Non-Resident
Drop-In	\$8	\$8	\$10
Drop-In w/o SS	\$2	\$2	\$3
5 - Punch	\$35	\$40	\$45
15 - Punch	\$85	\$100	\$115
Quarterly Flex	\$111	\$144	\$160

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# Class Descriptions

<p><b>BODYPUMP™</b></p> <p>THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast.</p> <p>Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories**. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.</p>	<p><b>PEDAL &amp; PULSE</b></p> <p>The incredible Muscular Endurance workout that BARRE provides meets the best of Cardiovascular Endurance in Cycling.</p>
<p><b>BARRE</b></p> <p>A series of low-impact movements to lengthen and tone your body using the bar, 6 inch balls, and light dumbbells.</p>	<p><b>PIYO</b></p> <p>PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.</p>
<p><b>CIRCUIT</b></p> <p>Experience a full-body workout with cardio and strength. This class is suitable for every fitness level.</p>	<p><b>POUND</b></p> <p>An exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.</p>
<p><b>COMBAT CANCER</b></p> <p><b>FREE CLASS = Reserved for Cancer Survivors</b></p> <p>Full body strength training using a variety of equipment while rotating through stations.</p>	<p><b>STRENGTH FUSION</b></p> <p>This class provides an essential body workout to help improve muscular strength and endurance. Includes exercises for abdominal care and upper and lower body using free weights, exercise tubes, body bars, and more.</p>
<p><b>CYCLE</b></p> <p>Indoor cycling will get your heart pumping with a full-body ride including intervals, sprints, and hills.</p> <p><b>CYCLE &amp; STRENGTH</b></p> <p>Mallory will begin class with a cycling variety while Sam finishes the class with a variety of strength training.</p>	<p><b>TAI CHI EASY</b></p> <p>A body-mind practice of relaxed breathing, self-applied energizing massage, gentle flowing movements and meditation for overall health and well-being.</p>
<p><b>DANCE FITNESS</b></p> <p>Cardio movements will increase your heartrate and rhythm while you move through Latin, Pop, and Hip-Hop music.</p>	<p><b>YOGA</b></p> <p>Stretch and strengthen your body while centering your mind. Improve strengthening your core using Yoga's many standing and balancing poses.</p>
<p><b>PILATES BOOTCAMP</b></p> <p>A whole body, high intensity interval training workout designed to strengthen and lengthen muscles with Pilates inspired core-based moves along with regularly timed cardio intervals incorporating weights, balls, bands, gliders and your own body weight.</p>	<p><b>ZUMBA Gold</b></p> <p>Perfect For active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.</p>

<p><b>SILVER SNEAKERS</b></p> <p><b>BOOM MOVE</b></p> <p>A higher intensity dance workout class that improves cardio endurance and burns calories. This class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.</p>		
<p><b>CIRCUIT</b></p> <p>The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for standing support.</p>		
<p><b>CLASSIC</b></p> <p>Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.</p>		
<p><b>ENERCHI</b></p> <p>EnerChi is comprised of easy-to-learn, modified tai chi forms aimed at improving well-being. Low-impact movements are practiced in a slow, flowing sequence to progress strength, balance and focus. Chair support is offered to facilitate standing stability and seated exercise options.</p>		
<p><b>SS SPLASH</b></p> <p>A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.</p>		
<p><b>SS YOGA</b></p> <p>Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.</p>		