

July/August 2017

# Ehrnfelt Recreation Center

## Exercise Class Schedule

### Group Exercise Studio

<b><u>SUNDAY</u></b>	<b><u>MONDAY</u></b>	<b><u>TUESDAY</u></b>	<b><u>WEDNESDAY</u></b>	<b><u>THURSDAY</u></b>	<b><u>FRIDAY</u></b>	<b><u>SATURDAY</u></b>
	HIIT- 5:15am Abby	Iron Circuit- 5:15am Stephanie	TRX- 5:15am Abby	Iron Circuit- 5:15am Karen	Muscle/Core- 6:00am Stephanie	Zumba- 8:15am Melissa
	Pilates- 6:00am Abby		Pure Strength- 8:30am Abby			
	Cardio Blast- 9:30am Marissa	PowerHour- 9:30am Marissa	Cardio Blast- 9:30am Abby	PowerHour- 9:30am Tami	Kettlebell- 9:30am Abby	Iron Circuit- 9:30am Abby
PowerHour- 10:30am Marissa	Simply Sculpt- 10:35am Marissa	Pilates- 10:35am Kellie		Pilates- 10:35am Tami		BodyMax- 10:35am Karen
	Iron Circuit- 12:00pm Tami		Iron Circuit- 12:00pm Pamela			
	BodyMax- 5:30pm Karen	ICE- 5:30pm Lisa	Zumba- 5:30pm Melissa	BodyMax- 5:30pm Karen		
	Fierce- 6:35pm Lisa		Power Hour- 6:35pm Marissa	ICE- 6:35pm Stephanie		Revised July 2017 (Class descriptions on back)
	BarreCORE- 7:35pm Lisa					** - Denotes New Class

## Class Descriptions (All classes are 55 minutes unless otherwise noted.)

### **\*\*Group Exercise Classes\*\***

**Body Max:** STRAIGHT FROM THE UK!!! The fastest way to shape up and LOSE WEIGHT! This class was developed in England. Barbells will be used with varying weights for this full body workout.

The trademark motto of this class is *"YOUR BODY SHAPE WILL CHANGE!!!"*

**Cardio Blast:** Not a minute wasted in this high energy class. Non-Stop fat burning & conditioning. All of your favorite cardio techniques combined for a different workout every class.

**Fierce:** Fiery workout pulling no punches to maximize benefits for a full body blasting. Includes Plyo drills, high intensity circuits, and many other tools to vary your workout and shock your body!

**HIIT:** High Intensity Interval Training is a proven technique that optimizes results by pushing you through your limitations.

**ICE:** Intense Crazy Exercise...!!!

**Iron Circuit:** The Best of TRX & KETTLEBELL for utter obliteration and muscle development! *(50 min. class)*

**Kettlebell:** Kettlebells and HIIT (high intensity intervals). Cardio and strength combined.

**Muscle/Core:** Strength based class; create a firm, strong body, attack the core, & boost your metabolism.

**PowerHour:** Integrative training thru fun, challenging, ever-changing cardio & strength techniques. (Kettlebell, kickboxing...who knows what else!?)

**PowerHourPLUS:** All the best of PowerHour, but THIS CLASS IS 90 MINUTES LONG!!! Bring your "A" game.

**Pure Strength:** Efficient, effective total body strength training. Get stronger, leaner, and healthier! *(45 min. class)*

**Simply Sculpt:** A total body strength training workout utilizing bands, dumbbells, & body weight.

**TRX:** The ultimate in cutting edge training while suspended with our TRX system for complete body training in every plane.

**Zumba:** Ditch the workout and join the party with this Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive. LIVE IT! *(60 min. class)*

### **\*\*Mind/Body Studio Classes\*\***

**Barre COREture:** Where ballet barre meets Yoga and Pilates. Emphasis on the importance of form and alignment while performing low-weight, high rep exercises to sculpt muscles.

**Fusion:** The perfect mix of Pilates, Yoga, & Barre. Focus on core strength, flexibility, & total conditioning.

**OpenFlow Yoga:** All level, energizing flow. Modifications provided so poses are accessible to varying levels.

**Pilates:** Traditional mat Pilates and functional training with resistance balls & flex bands. A workout that will tone, define, & sculpt the entire body.

**YogaFlow:** Flowing Yoga class for strength, flexibility, & breathing techniques. YOU WILL SWEAT!

**YogaStrength:** Intermediate-Advanced practice. (For those who've taken at least 8 previous yoga classes.)

### **Strongsville Recreation**

18100 Royalton Rd  
Strongsville, OH 44136  
440-580-3260 x 5275

[www.strongsville.org](http://www.strongsville.org)

### **Fitness Supervisor**

denise.lengal@strongsville.org

### **Assistant Fitness Supervisor**

julian.regotti@strongsville.org

### **HOURS**

	June-Sept	Oct-May
M-F	5am-9pm	5am-10pm
Sat	8am-6pm	8am-8pm
Sun	9am-3pm	9am-5pm

THANK YOU FOR YOUR  
PARTICIPATION & WE  
ENCOURAGE TO CONTACT US  
WITH COMMENTS, QUESTIONS, &  
SUGGESTIONS

ENJOY YOUR WORKOUT!!!!

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