

# AUGUST 2022



SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
7/14/21/28	1/8/15/22/29	2/9/16/23/30	3/10/17/24/31	4/11/18/25	5/12/19/26	6/13/20/27
9:00am-10:00am CYCLING (A) JEN ----- 10:00am-11:00am GENTLE YOGA STRETCH (V) EVELYNA	8:15am-9:00am CYCLING (A) CARLIE ----- 9:15am-10:00am TABATA (A/Z) CARLIE ----- 10:05am-10:50am GetFit! (R) EMILY ----- 10:55am-11:25am BOOM YOGA (R) EMILY -----	8:15am-9:00am BOOT CAMP (A/Z) CARLIE ----- 9:15am-10:00am CIRCUIT SHRED (A/Z) CARLIE ----- 10:15am-11:00am SENIOR CIRCUIT (A/Z) CARLIE ----- 10:15am-11:00am SilverSneakers CHAIR YOGA (R) EMILY -----	8:15am-9:00am BODY SCULPT (A/Z) CARLIE ----- 9:15am-10:00am GetFit! (R/Z) CARLIE ----- 10:15am-11:00am ZUMBA (R) TRACI ----- 11:05am-11:55am IRISH DANCE (V) PEGGY <i>Will resume in SEPT</i> ----- 5:30pm-6:15pm BARRE (V) KATE	8:15am-9:00am CARDIO DRUMMING (A/Z) CARLIE ----- 9:15am-10:00am Senior TABATA (R/Z) CARLIE ----- 10:15am-11:00am CHAIR YOGA (A/Z) CARLIE ----- 10:15am-11:00am SilverSneakers CLASSIC (R) EMILY -----	8:15am-9:00am BODY SCULPT (A/Z) CARLIE ----- 9:15am-10:00am STEP IT UP (A/Z) CARLIE ----- 10:05am-10:50am GetFit! (R) EMILY	8:15am-9:00am YO CHI (V/Z) CARLIE ----- 9:15am-10:00am BARRE (V/Z) CARLIE ----- 11:00am-12:00n BEGINNING YOGA (V) (Ages 13 and up) JUDY
	6:15pm-7:00pm BODY SCULPT (V) JEN <i>No class 22nd</i> ----- 7:00pm-8:00pm BEGINNING YOGA(A) (Ages 13 and up) JUDY	6:30pm-7:30pm CYCLING (P) JEN ----- 6:30pm-7:30pm YOGI-LATES (V) EVELYNA <i>No class 2nd</i>		6:30pm-7:30pm CYCLING (P) JEN <i>No class 4th</i> ----- 6:30pm-7:30pm HATHA YOGA (V) EVELYNA		<b>ROOM LOCATION KEY:</b> A - (AGILITY) P - (PLAZA) R - (RINK) V - (VELOCITY) Z - (ZOOM ACCESS) *  * <b>FOR ZOOM ACCESS</b> call or email Brad 440.716.4129 <a href="mailto:browningb@north-olmsted.com">browningb@north-olmsted.com</a>  <b>FOR CLASS MAXIMUMS SEE REVERSE SIDE.&gt;&gt;&gt;</b>

# FITNESS CENTER & GROUP EXERCISE SUMMER 2022!

CITY of NORTH OLMSTED  
Parks &  
Recreation

26000 Lorain Road  
North Olmsted, Ohio 44070  
440-734-8200  
www.north-olmsted.com

## FITNESS GENERAL INFO

**FREE FITNESS ASSESSMENT:**  
A free fitness consultation is included with your paid membership. Sign up in the Fitness Center to schedule a meeting with Prescription Fitness to discuss your personal goals and assess the best fitness plan for you!

**FREE FITNESS CLASSES:**  
See this page for more info. FREE TO MEMBERS! Scheduled on a monthly basis. Drop-in/Punch Pass options available for non-members.

**FREE FITNESS ORIENTATION:**  
A free fitness orientation is included with all memberships. Prescription Fitness staff will take you through the safe and effective use of our cardio machines, free weights and Hoist Roc-It machines. Register at the front desk.

**PERSONAL TRAINING:**  
We are pleased to offer Prescription Fitness for your personal training needs. Please inquire at the fitness desk for more information.

**SILVERSNEAKERS:**  
We love our seniors! The North Olmsted Rec Center is a proud SilverSneakers affiliate and offer memberships and a broad variety of SilverSneakers classes. We also work with Silver and Fit, Prime and Global Fit fitness networks.

<b>CLASS MAXIMUMS:</b>	
<b>BARRE</b>	(13)
<b>BODY SCULPT</b>	(15)
<b>BOOT CAMP</b>	(15)
<b>CARDIO DANCE</b>	(20)
<b>CARDIO DRUMMING</b>	(19)
<b>CIRCUIT SHRED</b>	(16)
<b>CYCLING</b>	(12)
<b>IRISH DANCE</b>	(13)
<b>PILATES</b>	(12)
<b>SENIOR CIRCUIT</b>	(12)
<b>STEP IT UP!</b>	(12)
<b>TABATA</b>	(20)
<b>YOCHI</b>	(14)
<b>YOGA</b>	(14)
<b>ZUMBA</b>	(20)



## TIP FROM MEGHANN

**Schedule exercise like an appointment ... Write down exactly when you are going to work out in your calendar or planner. You are the boss of you. And you wouldn't cancel and appointment with the boss, would you?**

## HEALTH & FITNESS EQUIPMENT CENTERS

25543 Lorain Road  
North Olmsted (440) 734-4888

## FITNESS ORIENTATION

*Sponsored by Prescription Fitness*

<b>Senior TUE</b>	<b>AUGUST 9</b>	<b>12n-1pm</b>
<b>WEDNESDAY</b>	<b>AUGUST 24</b>	<b>6-7pm</b>
<b>Senior TUE</b>	<b>SEPTEMBER 6</b>	<b>12n-1pm</b>
<b>WEDNESDAY</b>	<b>SEPTEMBER 21</b>	<b>6-7pm</b>

*FREE and open to all. REGISTER at front desk*

## ADVERTISE HERE

Contact Brad at 440.716.4129 or  
browningb@north-olmsted.com

## AUGUST GROUP FITNESS

**BARRE** uses a mix of ballet, jazz, Pilates, and yoga for body definition.  
**BEGINNING YOGA** The experience of balance and harmony through a slow and mindful practice. Replace stress with relaxation.  
**BODY SCULPT** Total body strength training that uses handheld weights, elastic resistance, and bodyweight to tone and build muscle! Great for all fitness levels.

**BOOM YOGA** Takes the best of Yoga and Pilates and combines into one fusion class. Relax the body and mind with peaceful music and invigorating movements.

**BOOT CAMP HIT.** Starts with cardio and dynamic stretching, then moves to six interval sets. Each set starts with cardio and concludes with total body strength.

**CHAIR YOGA** Relax the body and mind with peaceful music and invigorating movements. Chairs provided.

**CYCLING** includes the stimulation of hills and sprints! Motivation enhanced by music and fellow-bikers.

**CARDIO DRUMMING** A jam session inspired by the energizing and infectious intensity of playing drums! For cardio and strength.

**CIRCUIT SHRED** Get ripped! Uses bodyweight and equipment at different stations for a complete-body workout!

**GENTLE YOGA STRETCH** Calm your mind and relax your body. Melt away stress and tension in an hour of gentle, traditional Yoga moves. Perfect for beginners!

**GETFIT!** Warm up, stretch, and then MOVE to work out those kinks!

**HATHA YOGA** Linking breath to movement, this traditional flowing style will develop balance, flexibility, and strength. All levels welcome!

**IRISH DANCE** - Teaches proper technique for Traditional Irish Dances. Learn coordination, poise, movement and rhythm with emphasis on the basic style and characteristics. Ages 3 thru adult!

**SENIOR CIRCUIT** An energetic aerobic workout that fuses elements of hip-hop and traditional Cardio Fitness for a dance party suitable for all levels!

**STEP IT UP!** Class uses step platforms to challenge coordination and increase intensity! 80% cardio, 20% strength.

**TABATA** A HIT total-body work out using bodyweight and dumbbells. All fit levels.

**YOGI-LATES** - Blends the intensity of Pilates with the calming effect of Yoga for a winning combination!

**ZUMBA** incorporates Latin and international rhythms (Salsa, Merengue, Cha-Cha, Cumbia, etc.) for a challenging workout.

Updated 07.19.22