CITY of NORTH OLMSTED
Parks & Recreation

OCTOBER 2020

SUNDAYS 4/11/18/25	MONDAYS 5/12/19/26	TUESDAYS 6/13/20/27	WEDNESDAYS 7/14/21/28	THURSDAYS 1/8/15/22/29	FRIDAYS 2/9/16/23/30	SATURDAYS 3/10/17/24/31
	8:15am-9:00am **CARDIO DANCE** (R/Z) CARLIE ---------- 9:15am-10:00am **TABATA** (R/Z) CARLIE ---------- 10:15am-11:00am **GetFit!** (R) EMILY NON-MEMBERS $2 ONLY 6:45pm-7:45pm **BEGINNING YOGA** (A) **(Ages 13 and up)** JUDY	8:15am-9:00am **BOOT CAMP** (R/Z) CARLIE ---------- 9:15am-10:00am **CIRCUIT SHRED** (R/Z) CARLIE ---------- 10:15am-11:00am **SilverSneakers CHAIR YOGA** (R) EMILY ---------- 11:15am-12:00noon **SENIOR CIRCUIT** (ZOOM) CARLIE 6:30pm-7:30pm **CYCLING** (P) MEGHAN	8:15am-9:00am **BODY SCULPT** (R/Z) CARLIE ---------- 9:15am-10:00am **GetFit!** (R/Z) CARLIE NON-MEMBERS $2 ONLY ---------- 10:15am-11:00am **ZUMBA** (R) TRACI 4:45pm-5:30pm **YO CHI** (ZOOM) CARLIE 6:30pm-7:30pm **CYCLING** (P) JEN	8:15am-9:00am **CARDIO DRUMMING** (R/Z) CARLIE ---------- 9:15am-10:00am **Senior Friendly TABATA** (R/Z) CARLIE ---------- 10:15am-11:00am **SilverSneakers CLASSIC** (R) EMILY ---------- 11:15am-12:00noon **CHAIR YOGA** (ZOOM) CARLIE ---------- **6:30pm-7:30pm** **EASY YOGA STRETCH** (A) EVELYNA ---------- 6:30pm-7:30pm **CYCLING** (P) JEN	8:15am-9:00am **BODY SCULPT** (R/Z) CARLIE ---------- 9:15am-10:00am **STEP IT UP** (R/Z) CARLIE ---------- 10:15am-11:00am **GetFit!** (R) EMILY NON-MEMBERS $2 ONLY ***NOTE:*** ***CLASSES WILL MOVE FROM TENNIS COURTS TO ICE RINK LOBBY ON MONDAY, OCTOBER 5.***	8:15am-9:00am **YO CHI** (ZOOM) CARLIE ---------- 9:15am-10:15am **BARRE-LESS BARRE** (ZOOM) CARLIE ---------- 10:30am-11:30am **SHAPE&CYCLE*** (P) JEN ****Tentative return NOV 7 after XC season ends.*** ---------- 11:00am-12:00n **BEGINNING YOGA** **(Ages 13 and up)** (A) JUDY.
10:15am-11:15am **SLOW FLOW VINYASA YOGA** (A) ANNA						

Updated 09.22.20

ROOM KEY: A (AGILITY); **P** (PLAZA), **R** (RINK); **Z** (ZOOM ONLINE)*
NON-MEMBERS: Drop-In $8.

* To access ZOOM classes, send email to Brad at browningb@north-olmsted.com so that your membership can be verified and to receive login instructions.

CLASS MAXIMUMS:

BODY SCULPT	(15)	CIRCUIT SHRED	(16)	SHAPE&CYCLE	(14)
BOOT CAMP	(15)	CYCLING	(14)	STEP IT UP!	(12)
CARDIO DANCE	(45)	GETFIT!	(45)	TABATA	(35)
CARDIO DRUMMING	(19)	HARD CORE	(12)	YOGA	(9)
				ZUMBA	(35)