

**WINTER "SPECIAL" SIGN UP FOR DECEMBER/JANUARY/FEBRUARY (RECEIVE EXTRA 10% OFF)**

# WINTER AEROBICS

CLOVERLEAF REC CENTER 8525 Friendsville Rd., Lodi 44254 (330) 948-1323, (330) 721-3601  
WINTER SCHEDULE BEGINS THURSDAY, DECEMBER 1 / CLOSED DECEMBER 25 & JANUARY 1.

**\*\* SCHEDULE IS SUBJECT TO CHANGE.**

**The Rec Fitness Team Teachers**

Tristana Foutz, Laura Hutson,  
Mary Leahy, Lorraine Barnett,  
Dawn Tresch, Autumn Beechler,  
Sue Whitfield, Krista Slife & Gia D'Amico

**Monthly Unlimited Aerobics**

Members \$30.00 / Non-Members \$40.00 (one month)  
Members \$81.00 / Non-Members \$108.00 (total for three months)  
Drop-In Rate \$5.00 Member / \$7.00 Non-Member  
\*Childcare will be available Mondays, Wednesdays & Fridays (9:00-11:00 AM)

Yoga: A stretch and strengthening workout designed to improve flexibility, strength and balance while incorporating mind, body and spirit.

The Mat Workout: A mixture of Pilates exercises to strengthen the core. A total body workout and fat burner incorporating light weights, stability ball, and bands.

Core & More: A more intense workout for your entire mid-section. This class will improve your balance and flexibility.

Cardio & Strength: This is a total body sculpting class using hand weights, step, stability ball and your own body weight for resistance with a cardio boost.

Zumba Toning: Combine the art of Zumba dancing with a great toning workout using light weights.

Super Cardio: This class is power-packed with non-stop, heart-jumping, music-thumping fun! Great for the heart.

Zumba: Dance your way to a fitter you, with exciting and unique Latin dance moves. Join the class that is taking the world by storm.

Zumba Toning: Combine the art of Zumba dancing with a great toning workout using light weights.

**MONDAY**

**9:15-10:15 AM**  
Cardio  
&Strength

**6:00-6:55 PM**  
Zumba  
**7:00-7:55 PM**  
Yoga

**TUESDAY**

**6:15 -7:15 AM**  
Mat Workout

**9:15-10:15 AM**  
Mat  
Workout  
(Core & More)

**6:00-6:55 PM**  
Cardio &  
Strength

**WEDNESDAY**

**9:15-10:15 AM**  
Zumba

**6:00-6:55 PM**  
Zumba

**THURSDAY**

**6:15-7:15 AM**  
Mat Workout

**FRIDAY**

**9:30-10:30 AM**  
Cardio Pump  
**10:30-11:30AM**  
Yoga

**4:30-5:30 PM**  
Zumba  
(Instructor's  
Choice / Zumba  
Zumba Toning)

**SATURDAY**

**8:30-9:15 AM**  
Cardio  
**9:15-9:45 AM**  
Belly Dance