

FALL "SPECIAL" SIGN UP FOR DECEMBER / JANUARY / FEBRUARY (RECEIVE EXTRA \$10 OFF)

WINTER AEROBICS

CLOVERLEAF REC CENTER 8525 Friendsville Rd., Lodi 44254 (330) 948-1323

WINTER SCHEDULE BEGINS SATURDAY, DECEMBER 1 / CLOSED DECEMBER 24 (@ Noon), DECEMBER 25, DECEMBER 31 (@ Noon) & JANUARY 1

** SCHEDULE IS SUBJECT TO CHANGE.

The Rec Fitness Team Teachers
Gia D'Amico, Lorraine Barnett,
Sue Whitfield, Cassie Myers,
Katelyn Lopez, Jane Cullin,
Laura Hutson & Carrie Beier

Monthly Unlimited Aerobics
Members \$32.00 / Non-Members \$42.00 (one month)
Members \$86.00 / Non-Members \$116.00 (total for three months)
Drop-In Rate \$6.00 Member / \$8.00 Non-Member

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

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.

Stability Ball (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 weights, low impact moves, and your own body weight for resistance with a cardio boost.

Turbo Kick: This class combines intense kick-boxing and dance moves to motivating music. Requires no kick-boxing experience or equipment.

Piloxing: This class combines power, speed and the agility of boxing with exhilarating dance moves. It targets flexibility and the sculpting associated with Pilates.

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.

MONDAY

7:00-8:00 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
Stability Ball
(Core & More)

WEDNESDAY

9:15-10:15 AM
Zumba

6:00-6:55 PM
Zumba

THURSDAY

6:15-7:15 AM
Mat Workout

6:00-6:55 PM
Cardio, Step &
Strength

FRIDAY

8:30-9:15 AM
Zumba
9:15-10:15 AM
Yoga

SATURDAY

8:30-9:30 AM
Turbo Kick
& Piloxing