

FALL "SPECIAL" SIGN UP FOR SETEMBER / OCTOBER / NOVEMBER (RECEIVE EXTRA \$10 OFF)

# FALL AEROBICS

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

FALL SCHEDULE BEGINS SUNDAY, SEPTEMBER 1 / CLOSED SEPTEMBER 2, NOVEMBER 28 & 29

\*\* SCHEDULE IS SUBJECT TO CHANGE.

The Rec Fitness Team Teachers

Gia D'Amico, Lorraine Barnett,  
Sue Whitfield, Cassie Clawson,  
Katelyn Lopez, Jane Cullin,  
Carrie Beier & Laura Hutson

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

**\*FREE EVENT ON SATURDAY, SEPT 14**  
**Join us for a sampling of our**  
**different aerobics classes at 8:30 am.**  
**FREE to everyone!!**

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

Pilates/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 (Concentration on Core): A more intense workout for your entire mid-section. This class will improve your balance and flexibility.

Cardio, Step & Strength: This is a total body sculpting class using weights, step, 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.

Circuit Training: This class is a way to incorporate a variety of weights and cardio into an overall workout.

Gia's Choice: Every Saturday will focus on either Piloxing, Turbo kick, LaBlast (ballroom moves), Zumba Strong, Werk or Funky Line Dance.

**MONDAY**

**7:00-8:00 AM**  
**Cardio, Step &  
Strength**

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

**TUESDAY**

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

**9:15-10:15 AM**  
**Stability Ball  
(Concentration  
on Core)**

**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**  
**Circuit Training**

**FRIDAY**

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

**SATURDAY**

**8:30-9:30 AM**  
**Gia's Choice**