

# MAY AEROBICS

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

**CLOSED MAY 17-21 (Graduation) / MAY 29 (Memorial Day)**  
**\*\* SCHEDULE IS SUBJECT TO CHANGE.**

## The Rec Fitness Team Teachers

Gia D'Amico, Carrie Beier, Misty Green,  
 Laura Francis, Angela Tyrpak, Jane Cullin,  
 Fran Terry, Shelley Roberts, Susan Snow  
 & Sue Whitfield

## Monthly Unlimited Aerobics

Members \$38.00 / Non-Mem \$48.00 (one month)  
 Members \$104.00 / Non-Mem \$134.00 (total for 3 mths)  
 Drop-In Rate \$8.00 Member / \$10.00 Non-Mem (1 class)

## DESCRIPTION OF CLASSES

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.  
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.  
Pilates: A mixture of Pilates exercises to strengthen the core. A total body workout and fat burner incorporating light weights, stability ball, and bands.  
Gia's Dance Mix: Every Saturday will focus on either Zumba, LaBlast (ballroom moves), Piloxing, Werk or Funky Line Dance.  
Barre & Balance: A stretch and strengthening workout designed to improve flexibility, strength and balance.  
SHiNE: SHiNE Dance Fitness is rooted in ballet, jazz and hip hop, incorporating uplifting music and original choreography.

### MONDAY

7:15-8:00 AM

Pilates

6:00-6:55 PM

SHiNE

### TUESDAY

8:30-9:30 AM

Barre &  
Balance

### WEDNESDAY

8:00-9:00 AM

Yoga

9:00-10:00 AM

Zumba

6:00-6:55 PM

Zumba

### THURSDAY

8:15-9:15 AM

Mat Class

6:00-6:55 PM

SHiNE

### FRIDAY

8:30-9:15 AM

Zumba

9:15-10:15 AM

Yoga

### SATURDAY

7:45-8:45 AM

Gia's  
Dance Mix