

MAY FITNESS



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

SCHEDULE BEGINS THURSDAY, MAY 1

SCHEDULE IS SUBJECT TO CHANGE.

The Rec Fitness Team Teachers

Misty Green, Laura Francis, Linda Strodbeck, Jane Cullin, Kristen Liggett, Peggy Hillis, Kim Wilson, Sue Snow & Sue Whitfield

Monthly Unlimited Fitness Classes

Members \$40.00 / Non-Mem \$50.00 (one month)

Drop-In Rate \$8.00 Member / \$10.00 Non-Mem (1 class)

DESCRIPTION OF CLASSES

Total Body Strength: An aerobic/strength conditioning class. Includes circuit training, cardio exercise, bodyweight exercises, core training & stretching

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.

Dance Mix: A variety of dance moves, designed to increase your heart rate and overall fitness.

SHiNE: SHiNE Dance Fitness is rooted in ballet, jazz and hip hop, incorporating uplifting music and original choreography.

Barre: A low-impact, full-body workout that combines ballet-inspired movements with elements of Pilates, yoga, and strength training to improve flexibility, posture, and muscle tone.

Pilates: This class is a mind-body approach to movements of control, precision, centering and flow using a mat, and muscle tone.

Line Dance: This class will be a fun mix of country line dances, as well as popular line dances.

MONDAY

7:15-8:15 AM

**Step, Weights
& Core**

5:15-6:00 PM

**Total Body
Strength**

TUESDAY

9:15-10:00 AM

**Total Body
Strength**

4:00-5:00 PM

Barre

WEDNESDAY

8:00-9:00 AM

Yoga

9:15-10:15 AM

Pilates

6:00-6:55 PM

Dance Mix

THURSDAY

8:00-9:00 AM

Dance Mix

6:00-6:55 PM

Line Dance

FRIDAY

8:00-9:00 AM

Mat Class

9:15-10:15 AM

Yoga

SATURDAY

7:45-8:45 AM

**Instructor's
Choice**