

SPRING AEROBICS

SPRING "SPECIAL" SIGN UP FOR MARCH / APRIL / MAY
(RECEIVE EXTRA \$10 OFF)

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

SCHEDULE BEGINS MON, MARCH 1

CLOSED APRIL 2 (Good Friday) / MAY 31 (Memorial Day) / CLOSED JUNE 2-6 (Graduation)

** SCHEDULE IS SUBJECT TO CHANGE.

The Rec Fitness Team Teachers

Gia D'Amico, Carrie Beier,
Sue Whitfield, Cassie Myers,
Jane Cullin, Jamie Winebrenner,
Laura Francis & Laura Hutson

Monthly Unlimited Aerobics

Members \$32.00 / Non-Members \$42.00 (one month)
Members \$86.00 / Non-Members \$116.00 (total for 3 months)
Drop-In Rate \$6.00 Member / \$8.00 Non-Member (per 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.

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.

Cardio Mix: This class will be an infusion of dance, strength and core.

Gia's Dance Mix: Every Saturday will focus on either Zumba, LaBlast (ballroom moves), Werk or Funky Line Dance.

MONDAY

7:15-8:15 AM

Cardio &
Strength

6:00-6:55 PM

Zumba

TUESDAY

7:15-8:00 AM

Mat Class

WEDNESDAY

8:00-9:00 AM

Yoga

9:00-10:00 AM

Zumba

6:00-6:55 PM

Zumba

THURSDAY

6:00-6:55 PM

Zumba

FRIDAY

8:30-9:15 AM

Zumba

9:15-10:15 AM

Yoga

SATURDAY

7:00-7:45 AM

Gia's
Dance Mix