

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

BEGINS FRI, MARCH 1 / CLOSED MARCH 29 (Good Friday) / MAY 15-19 (Graduation) / MAY 27 (Memorial Day)
** SCHEDULE IS SUBJECT TO CHANGE.

The Rec Fitness Team Teachers

Gia D'Amico, Misty Green, Laura Francis,
Fran Terry, Judith Hanna,
Patricia Bohanon, Jane Cullin, Sue 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

7:15-8:15 AM

Mat Class

6:00-6:55 PM

Zumba

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 or
SHiNE

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