

SUMMER "SPECIAL" SIGN UP FOR JUNE / JULY / AUGUST (RECEIVE EXTRA \$10 OFF)

SUMMER AEROBICS

CLOVERLEAF REC CENTER 8525 Friendsville Rd., Lodi 44254 (330) 948-1323
SUMMER SCHEDULE BEGINS SATURDAY, JUNE 1 / CLOSED JULY 4
** SCHEDULE IS SUBJECT TO CHANGE.

The Rec Fitness Team Teachers
Gia D'Amico, Lorraine Barnett,
Sue Whitfield, Cassie Myers,
Katelyn Lopez, Jane Cullin,
Laura Hutson & Carrie Beier

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

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.
Stability Ball (Core & More): A more intense workout for your entire mid-section. This class will improve your balance and flexibility.
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.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<u>7:00-8:00 AM</u> Cardio & Strength	<u>6:15 -7:15 AM</u> Mat Workout		<u>6:15-7:15 AM</u> Mat Workout		
	<u>9:15-10:15 AM</u> Stability Ball (Core & More)	<u>9:00-10:00 AM</u> Zumba		<u>8:30-9:15 AM</u> Zumba	<u>8:30-9:30 AM</u> Turbo Kick & Piloxing
<u>6:00-6:55 PM</u> Zumba		<u>6:00-6:55 PM</u> Zumba	<u>6:00-6:55 PM</u> Cardio, Step & Strength	<u>9:15-10:15 AM</u> Yoga	
<u>7:00-7:55 PM</u> Yoga					