Fitness Schedule – November

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 AM					Boot Camp (John)	TRX (Kim)	
9 AM	Cycling (Cindy) *Skip 11/9*	Boot Camp (Cindy)	Cycling (Cindy)	Boot Camp (Cindy)	Strength Training (John) Pilates Strength (Georgina)	Cycling (Tess) Anything Goes (Tierney)	
9:10 AM						Drum & Pump (Alice) *Skip 11/21*	
10 AM	Weights (Beth)		Weights (Cindy)		Step HIIT (Kelly) Yoga Stretch (Georgina)	Zumba (Kelly)	
11 AM		Cardio Tennis (Chris)	Tai-Chi (Denise)	Cardio Tennis (Chris)		Yoga (Mary)	Yin Yoga (Mary)
5:30 PM	Cycling (Tierney)	Weights (Beth)		Weights (Beth)			
6 PM	Cardio Drumming (Alice)			Zumba (Kelly)			
6:15 PM			Drum & Pump (Alice)				
6:30 PM	Balance & Burn (Tierney)						
7:30 PM	Kickboxing (Pam)		Kickboxing (Pam) *Skip 11/25*				

Schedule is subject to change. Ages 14+. Contact the rec center at 440-205-3608 for up-to-date information. **No class Nov. 26.**

Soccer Center Fitness Room A Fitness Room B Tennis Court Cycling Room Fitness Room C Fitness Room D

MENTOR COMMUNITY RECREATION CENTER

TRX - Suspension Training uses body weight exercises to develop strength, balance, flexibility, and core stability simultaneously. The best thing is that all fitness levels can participate because you're in control of how much you want to challenge yourself on each exercise. Simply change your body position to add or decrease resistance.

Pilates Strength - Pilates Strength is a whole-body workout with controlled movements targeting specific muscle groups. It is very effective to trim the waistline, sculpt the abdominal muscles, while developing a slimmer, stronger physique.

Anything Goes - Each class is different but always includes strength and cardiovascular conditioning. Classes will range from HITT, functional training, circuit training, mobility work, kickboxing, and anything in between. Classes can be challenging but options and modifications are always offered.

Zumba - Zumba is a fusion of Latin and international music/dance themes that create an exciting, dynamic class based on the principal that a workout should be "Fun and Easy to Do." The routines feature an aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Dance your way to a fitter and healthier you!

Balance and Burn - Using light weights and body weight, this weight training class will focus on strengthening the body through balance and mobility work. These workouts can be adjusted for extremely fit to novice participants.

Drum & Pump - Drum & Pump consists of an amazing full body cardio drumming mixed with strength training using light weight dumbbells in between songs. Drum & Pump will consist of 8 cardio songs and 8 light dumbbell exercises; this could vary depending on the exercises.

Cardio Drumming - Cardio Drumming is a low-impact workout that people of all fitness levels can do. This class combines an aerobic workout with drumming movements that help increase strength and endurance and improve coordination.

Tai-Chi - This gentle, continuously moving exercise and mind-body practice is based upon ancient Chinese martial arts. More recently it was adapted for improvements in health such as balance, flexibility, pain and stress reduction.
Cycle + TRX Fusion - This high-energy, full-body workout fuses two powerful training methods: cycling and TRX Suspension Training. The first 30 minutes will focus on endurance and strength through indoor cycling, followed by 30 minutes of core, balance, and total-body strength work using TRX suspension trainers. This class is designed to improve cardiovascular fitness, build strength, and increase flexibility while keeping the workout dynamic and engaging.

Step HIIT - Step HIIT combines the dynamic movement of step aerobics with the powerful intensity of interval training. This high-energy class alternates between bursts of cardio, strength, and plyometric exercises using a step platform to burn calories and boost endurance.

Vinyasa - A harmonious blend of movement and breath. Join us as we explore the fundamentals of yoga through fluid sequences and mindful breathing. Our class offers a sanctuary to nurture your body, calm your mind, and awaken your spirit.

Kickboxing - This class is designed to increase your stamina and flexibility, tone your muscles, lose weight, and strengthen your core. It's done utilizing martial arts techniques and a variety of other exercises.

Yin Yoga- Deep stretching, mindful breathing, and profound relaxation. In this gentle yet powerful practice, seamlessly weave together long-held poses with conscious breathwork, allowing you to sink into each posture, unravel tension, and explore the subtle nuances of your body and mind. Through the art of holding poses for extended periods, you'll discover a profound sense of release and renewal, nurturing both your physical and mental well-being. Surrender to the stillness, finding peace as we build a mind and body that will be resilient both on the mat and beyond.

Boot Camp - This advanced class is designed to challenge participants. Classes will incorporate body weight exercises, calisthenics, free weights, High Intensity Interval Training (HIIT), running and other training aids. This course will help improve your cardio fitness, increase your stamina, and add strength and muscle.

