

Arm Chair Exercise (FREE)

Combination of stretching and chair exercises put to music. This class is designed as a free class for those in the senior population.

Body-Toning Circuit

Intervals of weights targeting all the major muscle groups to sculpt your body. Simple cardio drills to burn maximum calories. Finish class with ab work and yoga stretches.

Cardio/Strength

Combination of aerobic and weight lifting to improve overall fitness.

Circuit Training 1 hour of upper and lower strength training.

Group Training

Combine 2-3 exercises for each muscle group in an effective, fun 45 minute strength session.z

Jazzercise

When you love your workout, the results come easy. That's why Jazzercise blends aerobics, yoga, Pilates, and kickboxing movements into fun dance routines set to fresh music. All fitness levels welcome! Jazzercise is not included in a Community Center fee schedule.

Pilates

This class combines 30 minutes of Pilates followed by a 15 minute Yoga flow. This class will strengthen, lengthen, and tone the muscles of the core, improving posture, back health, and overall well being. Appropriate for all fitness levels.

Fees

Punch Pass	Members	Residents Breck./B.Hts.	Non-Residents
12 Sessions	\$30.00	\$35.00	\$45.00
12-week	\$65.00	\$75.00	\$95.00
Unlimited Pass (fitness classes only)		12 weeks from date of purchase	

Walk-ins \$4.00 Community Center Member
\$5.00 Brecksville & Broadview Hts. Residents
\$6.00 Non Residents
Credits only, no refunds will be issued

Power Tone & Stretch

A high intensity resistance training workout combined with traditional stretching using yoga poses designed to increase flexibility and decrease stress.

SPINNING®

Spinning is a group cycling exercise that simulates an outdoor bike ride. You control the amount of resistance and speed with an instructor guiding you through a 1 hour session with 40 to 45 minutes of cycling.

Straight to the Core

Strengthen and tone the core with a 45 minute abdominal workout. New moves and good results!

Wake Up Workout

Intense Cardio/Sculpting class designed for early risers.

Yoga

A challenging yet relaxing class concentrating on alignment of poses (asanas) creating strength, flexibility and tone. Based on the principles of Iyengar yoga.

Zumba is a fusion of Latin and International music. Zumba is a mixture of body toning movements with easy to follow dance steps. Available for all ages.

Fitness



Please Note: Spinning Passes must be purchased separately. There is no unlimited pass for Spinning.



Effective June 14, 2010 – Schedule subject to change.



Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05 am	Spinning®	Spinning®	Spinning®	Spinning®	Spinning®		
7:00 am	Wake Up Workout						
8:05 am						Spinning® Group Training	
8:30 am	Spinning®	Spinning®		Spinning®			
9:00 am	Body Toning Circuit						
9:15 am						jazzercise.	
9:30 am		Yoga Cardio/Strength	Spinning® Straight to the Core	Circuit Training Cardio/Strength Yoga	Spinning® Power Tone	Spinning®	
10:00 am	Straight to the Core						
10:15 am							Power Tone & Stretch Spinning®
10:30 am							
10:45 am		FREE Armchair Exercise		FREE Armchair Exercise	Pilates		
11:00 am						Spinning®	
4:30 pm	Spinning®		Spinning®				
5:45 pm	Power Tone & Stretch	Group Training	Power Tone & Stretch	Group Training			
6:00 pm	Yoga						
6:30 pm	Spinning®	Spinning®	Spinning®	Spinning®			
6:45 pm		jazzercise.		jazzercise.			
7:00 pm	jazzercise. Zumba		jazzercise.	Zumba			



The age requirements for current classes are as follows:

1. No one under 13 is permitted to take a fitness class.
2. Participants from the ages of 13-16 may take classes along with parent supervision. This is under the discretion of the instructor.
3. Participants must be 18 or older to take Spinning classes.

These rules are in place for the safety of kids and other participants as well.

■	Spinning
■	Cardio
■	Mind & Body
■	Strength