



Middleburg Heights Recreation Fitness Schedule



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Aerobics Room							
6:45 am	X	X	X	X	X		X
8:15 am	Circuit	Circuit	Circuit	Circuit	Circuit		X
9:30 am	Classic	CardioFit	Classic	Classic	Classic	SuperFIT Kickbox	X
10:45 am	Yoga	Yoga	Yoga	Yoga	Yoga	Kangoo Jumps	X
12:00 pm	Yoga	Yoga	Classic	Circuit	Yoga		
1:15 pm	Stability		Stability	Tai Chi Chih	Stability	Bold Print denotes SilverSneakers classes	
4:00 pm				Dance to Evolve (Spring '21)			
5:30 pm	SuperFIT Kickbox		SuperFIT Yoga Sculpt				
7:00 pm	Jazzercise	X	Jazzercise	X			X
Multi-Purpose Gym							
9:00 am							
10:00 am		SuperMOM Cle					
5:30 pm	SuperMOM Cle		SuperMOM Cle	SuperMOM Cle (5 pm)			
7:00 pm		X		X			X

- Yoga with Kristen on Monday night at 6:15 pm is in the Kidszone Room



Middleburg Heights Recreation

Adult Fitness



SilverSneakers®
by Tivity Health

SilverSneakers® Classic: This is the core class of the SilverSneakers® Fitness Program. Lots of choreography with hand held weights, elastic tubing with handles, a ball and a chair for balance are used!

Instructor: Laurie (Mon. at 9:30 am, Thurs. at 9:30 am & Wed. at Noon) & Chris (Wed. & Fri., at 9:30 am)

<i>Day</i>	<i>Dates</i>	<i>Time</i>	<i>Room</i>	<i>Fees</i>
Monday-Friday	ongoing	See above times	Aerobics	Free to members of our Silver Sneakers program, \$3 per class for non-SilverSneaker members who are members of center.

SilverSneakers® Yoga: This 50 minute class is designed to physically and mentally engage members with a variety of safe and fun yoga postures and breathing exercises! Using a chair for support, participants work at their own pace to build flexibility and endurance while learning to relax and think more clearly.

Instructor: Phyllis (Mon. at 10:45 am & Noon), Yu Xin (Tue. & Thurs. at 10:45 am & Tue & Fri. at Noon), Chris (Wed. & Fri. at 10:45 am)

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SilverSneakers® Circuit: This 50 minute class is for participants who desire and are ready for a cardio workout! The format includes standing non-impact choreography designed to increase cardiovascular and muscular endurance alternated with standing upper body strength work with hand-held weights, elastic tubing with handles and a ball.

Instructor: Carolyn (Mon. & Thurs. at 8:15 am), Lynda (Tues. at 8:15 am), Yu Xin (Thur. at Noon) & Chris (Wed. & Fri. at 8:15 am)

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Monday-Friday	ongoing	See above times	Aerobics	Free to members of our Silver Sneakers program, \$3 per class for non-SilverSneaker members who are members of center.

SilverSneakers® CardioFit: This 50 minute class is for those participants who want a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper body & core strength.

Instructor: Lynda

<i>Day</i>	<i>Dates</i>	<i>Time</i>	<i>Room</i>	<i>Fees</i>
Tuesday	ongoing	9:30-10:20 am	Aerobics	Free to members of our Silver Sneakers program, \$3 per class for non-SilverSneaker members who are members of center.



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SilverSneakers® Stability: Stability is a 50-minute class designed to help you become stronger and improve balance. The movements focus on exercises to improve strength and power around the ankle, knee and hip joints.

Instructor: Phyllis

Day	Dates	Time	Room	Fees
Monday, Wednesday & Friday	ongoing	1:15-2:05 pm	Aerobics	Free to members of our Silver Sneakers program, \$3 per class for non-SilverSneaker members who are members of center.

Jazzercise: The original dance exercise phenomenon! Each class offers a blend of jazz dance and exercise science set to your favorite music--Top 40, jazz, country, funk and classics. Call Cheryl at 216-702-4230 or go to jazzercise.com. \$15 drop-in fee.



Instructor: Marty Cromleigh

Day	Dates	Room	Time	Fees
				All students
Mon. & Wed	ongoing	Aerobics	7:00-7:50 pm	\$40 per month(EFT)/\$90 for 8 weeks

SuperFIT CLE: Yoga Sculpting- A 60-minute class open to all fitness levels, which utilizes vinyasa and hatha yoga asanas blended with low impact strength training (with hand weights) to sculpt long, lean muscles.



KickBox- A 60-minute cardio & strength training workout fused with heart-pumping music. Come trim, tone and transform your legs, arms and booty

in an uplifting/welcoming environment! Contact Connie for more information on either class at superFITcle@gmail.com or 440-781-4041 or go to superFITcle.com to learn more. Classes will be held outdoors in good weather.

Instructor: Connie Kowal

Day	Dates	Room	Time	Fees
Mon. (kickbox)	ongoing	Aerobics	5:30-6:30 pm	A 4 class for \$28 punch card can be used for any class and never expires.
Wed. (yoga sculpt)	ongoing	Aerobics	5:30-6:30 pm	
Sat. (kickbox)	ongoing	Aerobics	9:30-10:30 am	

Tai Chi Chih: Expect increased energy, better balance and stress relief from this daily practice. Exercises may be performed seated if necessary. Helps with weight loss, to reduce blood pressure, arthritic pain and lessen headaches and migraines. Contact Parker at 440-238-9051 or email him at parker.reynolds@att.net to sign up. First class is FREE.

Instructor: Parker Reynolds

Day	Dates	Room	Time	Fees
Tuesdays	ongoing	Aerobics	5:00-6:00 pm	\$63 for 6 consecutive classes
Thursdays	ongoing	Aerobics	1:15-2:15 pm	

Kangoo Jumps: Experience a NEW way to exercise! Use boots to promote fat loss, increase endurance, improve strength and balance, help correct posture and optimize cardiovascular health. Pre-registration is required to reserve boots. Email jumpclassCLE@gmail.com for more information. Discounted rates if you have your own boots.

Instructor: Ritsa Mazur

Day	Dates	Room	Time	Fees
				All students
Thursdays	ongoing	Aerobics	8:00-8:50 pm	\$15 per person or 5 classes for \$60



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SuperMOM CLE: Head to toe workout incorporating cardio, strength training, and for all fitness levels. Kids are able to come with you and each class is different with fun workout themes in a supportive environment. Call Suzanne at 216-526-2843 or email her at help@superMOMCLE.com for more information. First class is FREE! Find us on Facebook and Instagram at superMOMCLE. Classes will be held outdoors in good weather.



Instructor: Suzanne Caraballo

Day	Dates	Room	Time	Fees
Mon., Wed.	ongoing	MP Gym	5:30-6:30 pm	Classes are \$40 for 5 classes. \$49 monthly, unlimited pass. \$10 daily fee
Tuesday	ongoing	MP Gym	10:00-11:00 am	
Thursday	ongoing	MP Gym	5:00-6:00 pm	

Yoga with Kristen: Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using synchronizing movement with breath. Commonly referred to as “flow” yoga. Contact Kristen at kesaucha@yahoo.com for more information.

Instructor: Kristen Wilson

Day	Dates	Room	Time	Fees
Mondays	ongoing	Kidszone	6:15-7:15 pm	5 class pass for \$40, 10 class pass for \$75

Dance to Evolve: Pre Star Shiners (3-5 yr. olds) at 4 pm – Keep your son or daughter moving in this progressive tap and ballet combo class. Curriculum goals are introduced through fun movement while developing dance, listening & coordination skills. Includes an emphasis on ballet terminology & technique as they work towards a spring recital. **Beat Breakers Hip-Hop (4-8 yr. olds) at 5 pm** - This fun high energy, hip-hop dance class enables boys and girls to let loose. Dancers develop musicality, creativity, listening & coordination skills. This non-stop class includes hip-hop, break dancing and games.

Instructor: D to E Staff

Day	Dates	Room	Time	Fees
Thursdays	Spring '21	Aerobics	4:00-4:50 pm	\$60/month based on a 4-week month (3 or 5 week months are prorated)
Thursdays	Spring '21	Aerobics	5:00-5:55 pm	

Registration Policies

Most of our classes at the center have minimum and maximum participation requirements. Please register as soon as possible to **guarantee** your place in a class. In our fitness classes, the instructor accepts registrations and payment! Please ask our front desk staff if you're not sure how to sign-up for a class!

Class instructors, dates, times, meeting rooms, etc. are subject to change at any time – please verify all class information with our front desk staff before signing up!

If you have a special talent or a skill and would like to teach a class at the center, call us at 440-234-2255.

