



# 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> |
|--------------------------|------------------|------------------|----------------------|-----------------|------------------|----------------------------------------------------------|---------------|
| <b>Aerobics Room</b>     |                  |                  |                      |                 |                  |                                                          |               |
| 6:45 am                  |                  | <b>Classic</b>   |                      | <b>Classic</b>  | <b>X</b>         |                                                          | <b>X</b>      |
| 8:15 am                  | <b>Circuit</b>   | <b>Circuit</b>   | <b>Circuit</b>       | <b>Circuit</b>  | <b>Circuit</b>   |                                                          | <b>X</b>      |
| 9:30 am                  | <b>Classic</b>   | <b>CardioFit</b> | <b>Classic</b>       | <b>Classic</b>  | <b>Classic</b>   | SuperFIT Kickbox                                         | <b>X</b>      |
| 10:45 am                 | <b>Yoga</b>      | <b>Yoga</b>      | <b>Yoga</b>          | <b>Yoga</b>     | <b>Yoga</b>      | Kangoo Jumps                                             | <b>X</b>      |
| 12:00 pm                 | <b>Yoga</b>      | <b>Yoga</b>      | <b>Classic</b>       | <b>Circuit</b>  | <b>Yoga</b>      |                                                          |               |
| 1:15 pm                  | <b>Stability</b> |                  | <b>Stability</b>     | Tai Chi Chih    | <b>Stability</b> | <b>Bold Print denotes<br/>SilverSneakers<br/>classes</b> |               |
|                          |                  |                  |                      |                 |                  |                                                          |               |
| 4:00 pm                  |                  |                  |                      |                 |                  |                                                          |               |
| 5:00 pm                  |                  |                  |                      | Dance to Evolve |                  |                                                          |               |
| 6:00 pm                  | SuperFIT Kickbox |                  | SuperFIT Yoga Sculpt |                 |                  |                                                          | <b>X</b>      |
| 7:00 pm                  |                  | Jazzercise       |                      | Jazzercise      |                  |                                                          |               |
| 8:00 pm                  |                  |                  |                      |                 |                  |                                                          |               |
| <b>Multi-Purpose Gym</b> |                  |                  |                      |                 |                  |                                                          |               |
| 9:15 am                  | MoFit            |                  | MoFit                |                 | MoFit            |                                                          |               |
| 10:00 am                 |                  | SuperMOM Cle     |                      | SuperMOM Cle    |                  |                                                          |               |
| 5:00 pm                  | SuperMOM Cle     |                  | SuperMOM Cle         |                 |                  |                                                          |               |
| 6:00 pm                  |                  |                  |                      |                 |                  |                                                          |               |
| 7:00 pm                  |                  |                  |                      |                 |                  |                                                          |               |
| 8:00 pm                  |                  |                  |                      |                 |                  |                                                          |               |

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



# Middleburg Heights Recreation

## Adult Fitness



**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)

| Day           | Dates   | Time            | Room     | Fees                                                                                                                   |
|---------------|---------|-----------------|----------|------------------------------------------------------------------------------------------------------------------------|
| 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)

| Day           | Dates   | Time            | Room     | Fees                                                                                                                   |
|---------------|---------|-----------------|----------|------------------------------------------------------------------------------------------------------------------------|
| 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® 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)

| Day           | Dates   | Time            | Room     | Fees                                                                                                                   |
|---------------|---------|-----------------|----------|------------------------------------------------------------------------------------------------------------------------|
| 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 class to energize your active lifestyle using low-impact movements that focuses specifically on building upper body & core strength.

**Instructor:** Lynda

| Day     | Dates   | Time          | Room     | Fees                                                                                                                   |
|---------|---------|---------------|----------|------------------------------------------------------------------------------------------------------------------------|
| 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. |



# Middleburg Heights Recreation

## Adult Fitness



**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](http://jazzercise.com).



**Instructor: Marty Cromleigh**

| Day        | Dates   | Room     | Time         | Fees                            |
|------------|---------|----------|--------------|---------------------------------|
|            |         |          |              | All students                    |
| Mon. & Wed | ongoing | Aerobics | 7:00-7:50 pm | Please go to website for prices |

**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](mailto:superFITcle@gmail.com) or 440-781-4041 or go to [superFITcle.com](http://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 |                                                                            |

**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](mailto: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 |

**MoFit:** Mo uses a variety of exercises and different types of equipment to strengthen, tone, burn calories and lose inches so you can get “Mo” fit! Her workouts are for people of all fitness levels. Whether you want to get “Mo” toned up, lose ‘Mo’ weight, or feel “Mo” powerful, MoFit can help you reach all your goals. Call 216-978-1602 or go to [mymofit.com](http://mymofit.com)

**Instructor: Maureen Haroty**

| Day               | Dates   | Room   | Time          | Fees                                                                         |
|-------------------|---------|--------|---------------|------------------------------------------------------------------------------|
| Mon., Wed. & Fri. | ongoing | MP Gym | 9:15-10:00 am | \$9 drop-in for all other classes, \$89 for any 10 classes (does not expire) |



# Middleburg Heights Recreation

## Adult Fitness



**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](mailto:help@superMOMCLE.com) for more information. First class is FREE! Find us on Facebook and Instagram at SuperMOMCLE. Classes will be held outdoors in the summer.



**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   | 6/10-8/26 | MP Gym | 10:00-11:00 am |                                                                              |

**Yoga with Cathie:** 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 Cathie at [Yogawithcathiesmith@gmail.com](mailto:Yogawithcathiesmith@gmail.com) for more information.

**Instructor: Cathie Smith**

| Day     | Dates   | Room     | Time         | Fees                                         |
|---------|---------|----------|--------------|----------------------------------------------|
| Mondays | ongoing | Kidszone | 6:15-7:15 pm | 5 class pass for \$45/10 class pass for \$80 |

**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 | Returning Fall '21 | Aerobics | 5:00-6:00 pm | \$60/month based on a 4-week month (3 or 5 week months are prorated) |

## 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.

