



# Middleburg Heights Recreation

## Fitness Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aerobics Room							
6:45 am		Classic		Classic			
8:00 am	Circuit	Circuit	Circuit	Circuit	Circuit	All Levels Yoga (8:15 am)	
9:15 am	Classic	Classic	Classic	Classic	Classic	SuperFIT Kickbox (9:30 am)	
10:30 am	Yoga	Yoga	Yoga	Yoga	Yoga	Kangoo Jumps (10:45 am)	
11:45 am	Yoga	Yoga	Classic	Circuit	Yoga		
1:00 pm	Stability		Stability	Tai Chi Chih	Stability	Bold Print denotes SilverSneakers classes	
5:15 pm	MoFit		MoFit	Dance to Evolve (5:00 pm)			
6:15 pm	SuperFIT Kickbox	StepMixx (6:00 pm)	SuperFIT Yoga Sculpt		Bollywood Dance (6:00 pm)		
7:15 pm	Zumba	Yin Yoga (7:00 pm)	Kangoo Jumps				
Multi-Purpose Gym							
9:10 am	MoFit		MoFit		MoFit	SuperMOM Cle (9:30 am)	
5:30 pm	SuperMOM Cle		SuperMOM Cle				
6:45 pm							
8:00 pm							

- Yoga with Cathie on Monday nights 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 (6:45 am on Tues. & Thurs), Phyllis (Mon. & Tue. at 9:15 am) & Wed. at 11:45 am), Chris (Wed. & Fri., at 9:15 am) & Yu Xin (Thurs at 9:15 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® Yoga:** This 50-minute class is designed to engage members physically and mentally 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 10:30 am & 11:45 am), Yu Xin (Tue. & Thurs. at 10:30 am, Tue & Fri. at 11:45 am), Chris (Wed. & Fri. at 10:30 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® 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 8:00 am), Phyllis (Tue. At 8:00 am), Yu Xin (Thur. at 11:45 am) & Chris (Wed. & Fri. at 8:00 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® 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 (Mon., Wed., & Fri at 1:00 pm)

Day	Dates	Time	Room	Fees
Monday, Wednesday & 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.



# Middleburg Heights Recreation

## Adult Fitness



**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.

**superFIT CLE**  
personal training & group fitness

**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	6:15-7:10 pm	A 4 class for \$28 punch card can be used for any class and never expires.
Wed. (yoga sculpt)	ongoing	Aerobics	6:15-7:10 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
Saturdays	ongoing	Aerobics	10:45-11:45 am	\$15 per person or 5 classes for \$60
Wednesdays	ongoing	Aerobics	7:15-8:10 pm	

**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 Keating**

Day	Dates	Room	Time	Fees
Mon., Wed. & Fri.	ongoing	MP Gym	9:10-10:00 am	\$9 drop-in for all other classes, \$89 for any 10 classes (does not expire)
Mon. & Wed.	ongoing	MP Gym	5:15-6:10 pm	

**Yoga:** Gain flexibility in body & mind by practicing yoga postures, breathing techniques, and meditation. Saturdays – All Levels Flow; Tuesdays – Yin Yoga class with longer holds to target connective tissues; Thursdays – summer classes that meet at the outdoor gazebo, donation based. Please bring a mat, water bottle & an open mind to these classes. The first class is FREE. Email [red21veg@yahoo.com](mailto:red21veg@yahoo.com) to register.

**Instructor: Melissa Lambert**

Day	Dates	Room	Time	Fees
Saturdays	ongoing	Aerobics	8:15-9:15 am	\$10 drop-in or 4 classes for \$30, 8 for \$50
Tuesdays	ongoing	Aerobics	7:00-8:00 pm	
Thursdays	summer only	Gazebo	7:00-8:00 pm	Donations accepted



## 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. The first class is FREE! Find us on Facebook and Instagram at SuperMOM CLE. 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
Saturdays	ongoing	MP Gym	9:30-10:30 am	

**Dance to Evolve: Pre-Star Shiners Tap/Ballet (3.5-6 yr. olds) at 5 pm** – Keep your Star Shiner moving in this tap and ballet combo class. Classes start with tap and then transition into ballet each week. Dancers develop dance, listening and coordination skills, including an emphasis on ballet terminology and technique as they work towards the annual spring showcase. Once a month, class will get switched up with a jazz dance day!

**Beat Breakers Hip-Hop (4-7 yr. olds) at 6 pm** - This fun high energy, hip-hop dance class enables kids to let loose while developing musicality, creativity, listening & coordination skills. Activities include hip-hop and dance games in a non-stop action-packed class.

**Pre-Teen Hip-Hop (4-7 yr. olds) at 7 pm** - This exciting and fast-paced class will leave your dancer feeling fresh! Don't be intimidated...great for dancers who want to be challenged, learn various styles of hip hop, push creativity, and boost confidence. All music and moves are age appropriate in this fun and open hip hop dance class for boys and girls. No experience necessary! Dancers encouraged to participate in the annual spring showcase. Register at [dancetoevolve.com/Cleveland](http://dancetoevolve.com/Cleveland), via email [cleveland@dancetoevolve.com](mailto:cleveland@dancetoevolve.com) or call 440-379-0682. No classes will be held on 11/23, 12/21 & 12/28.

**Instructor: Dance to Evolve Staff**

Day	Dates	Room	Time	Ages	Fees
Thursdays	ongoing	Aerobics	5:00-5:55 pm	3-6	\$70 or 5-week months are prorated
Thursdays	ongoing	Aerobics	6:00-6:55 pm	4-7	
Thursdays	ongoing	Aerobics	7:00-7:55 pm	8-12	

**Bollywood Dance: Kids & Youth Class (under 15 years old)** from 6-7 pm will bring together dance styles from India and around the world to create its own unique technique. Steps are easy to follow and focus on the latest dance styles. It is a combination of moves from modern jazz and hip hop which focuses on stylish, rhythmic, energetic choreography on bollywood music. Music is the soul of Bollywood dancing and ranges from Indian, modern to world fusion like Hip Hop, Latin, Jazz etc. Mastering the art of expression and performances helps build their confidence.

**Adult Class (15-year-olds and older)** from 7-8 pm is a vibrant and entertaining dance style on popular Bollywood Music. It gives a whole-body workout dancing while having FUN dancing to the latest upbeat songs from Bollywood Movies. We do work on expressions, stage performances and events to showcase your talent.

**Instructor: Adrija Datta**

Day	Dates	Room	Time	Fees
Fridays	ongoing	Aerobics	6:00-7:00 pm (kids)	For rates and to register, email <a href="mailto:Adrija.dance.academy@gmail.com">Adrija.dance.academy@gmail.com</a>
Fridays	ongoing	Aerobics	7:00-8:00 pm (15+)	



## Middleburg Heights Recreation

### Adult Fitness



**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

**Zumba:** A total Latin workout, combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility, boosted energy and a serious dose of awesome each time you leave class. Email Katie at [krose5@kent.edu](mailto:krose5@kent.edu) for details!

**Instructor: Katie Sanchez**

Day	Dates	Room	Time	Fees
Mondays	ongoing	Aerobics	7:00-8:00 pm	\$9 drop-in fee or \$30 per month

**T'ai Chi Chih:** This class is a mind-body practice that involves low-impact, slow-motion movements commonly described as “meditation in motion.” Appropriate for all levels of fitness. The 19 movements are easy to follow and gentle on the body. You will enhance your health and vitality and promote a sense of calmness, harmony, and well-being. Call Parker at 440-238-9051 to register.

**Instructor: Parker Reynolds**

Day	Dates	Room	Time	Fees
Thursdays	ongoing	Aerobics	1:00-2:00 pm	6 sessions for \$63

**StepMixx:** Join in for a 30-minute choreography building step class followed by 15 minutes of strength-training. A fun, effective blend of everything you need to stay active, healthy, and strong! Step platforms are provided, and ALL fitness levels are welcome. Bring your own water and towel and smile! Sign up at [FunFitMobileLab.com](http://FunFitMobileLab.com).

**Instructor: Ritsa Mazur**

Day	Dates	Room	Time	Fees
Tuesdays	ongoing	Aerobics	6:00-6:45 pm	\$5 per class

## Registration Policies

Non SilverSneaker classes are taught by Independent Contractors who set their own rates & registration policies for their classes. Please register with them to **guarantee** your place in a class.

Our front desk staff does not accept sign-ups for Independent Contractor classes.

Class instructors, dates, times, meeting rooms, etc. are subject to change or cancellation at any time.

We will do our best to post this information in advance.

If you have any questions about Fitness classes or have a special talent or a skill and would like to teach a class at the center, call Steve at 440-234-2255 or email [sdockman@middleburgheights.com](mailto:sdockman@middleburgheights.com).