



Middleburg Heights Recreation

Fitness Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aerobics Room							
6:45 am		Classic		Classic			
8:00 am	Circuit	Circuit	Drum & Tone	Circuit	Circuit	MoFit Yoga (8:15 am)	
9:15 am	Classic	Classic	Classic	Classic	Classic	SuperFIT Kickbox (9:30 am)	
10:30 am	Yoga	Yoga (10:45 am)	Yoga	Yoga (10:45 am)	Yoga	Bold Print denotes SilverSneakers classes	
11:45 am	Yoga	Yoga	Classic	Circuit	Yoga		
1:00 pm	Tai Chi Chih	Drum & Tone	Tai Chi Chih	Tai Chi Chih			
2:00 pm							
3:00 pm							
4:00 pm							
5:15 pm	MoFit	Kidokinetics 5:15-7:15pm	MoFit		Sans Dance Vibes (5-8pm)		
6:15 pm				MoFit Zumba			
7:15 pm	SuperFIT Kickbox		SuperFIT Yoga Vinyasa				
Multi-Purpose Gym							
6:45am		Mofit		Mofit			
9:10 am	MoFit		MoFit		MoFit		
5:30 pm							
6:45 pm							

- Yoga with Cathie on Monday nights at 6:15 pm is in Community Room B
- Yoga with Eileen on Tuesdays & Thursdays at 7:30 am in Community Room B

Revised 8/26



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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), Carolyn (Thurs. at 9:15am)



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 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 10:45 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 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 (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® Tai Chi: is the newest class offering meditation in motion, and will help to improve your balance, strength, and flexibility.

Instructor: Phyllis (Mon. & Wed. 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.



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Adult Fitness



SilverSneakers® Drum & Tone: A fun, full-body workout combining rhythm, cardio, and strength with weights. Using exercise balls as “drums”, follow easy routines performed seated or standing to improve heart health, motor skills, coordination, balance, and strength. Build strength, improve balance, and have a blast doing it!

Instructor: Traci (Tues. at 1:00 pm), Chris (Wed. at 8:00 am)

Day	Dates	Time	Room	Fees
Wednesday	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.

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 to sculpt long, lean muscles.

superFIT CLE
personal training & group fitness

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	7:15-8:05 pm	A 4 class for \$30 punch card can be used for any class and never expires.
Wed. (yoga vinyasa)	ongoing	Aerobics	7:15-8:05 pm	
Sat. (kickbox)	ongoing	Aerobics	9:30-10:30 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 for more information.

Instructor: Cathie Smith

Day	Dates	Room	Time	Fees
Mondays	ongoing	Room B	6:15-7:15 pm	5 class pass for \$50/10 class pass for \$85 Drop in \$12

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 440-212-5360 or parker.reynolds@att.net

Instructor: Parker Reynolds

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



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Adult Fitness



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.

Contact Maureen at 216-978-1602 or go to www.mofit.fit.

MoFit (Strength & Cardio)

A full body workout that combines strength training and cardio to help you build muscle, burn calories, and increase endurance. Classes are designed for all fitness levels, with options to modify or level up. Expect great music, supportive coaching and a motivating group atmosphere.

AquaFit

A low-impact, high-energy water workout that improves strength, cardio fitness, and mobility while being easy on the joints. Perfect for all ages and fitness levels. Aquafit uses the resistance of the water for a challenging yet refreshing workout.

Zumba

A fun, dance-based cardio workout set to upbeat music from around the world. Zumba improves cardiovascular fitness, coordination, and mood while making exercise feel like a party. No dance experience needed-just come ready to move and have fun.

Yoga

A calming, full-body practice that focuses on flexibility, balance, strength, and relaxation. Yoga classes include stretching, breathing, and mindful movement to help reduce stress, improve mobility and leave you feeling refreshed and centered.

Instructor: Maureen Keating

<i>Day</i>	<i>Dates</i>	<i>Room</i>	<i>Time</i>	<i>Fees</i>
Mon., Wed. & Fri.	ongoing	MP Gym	9:10-10:00 am	\$12 drop-in for all classes, \$60/month for unlimited classes
Mon. & Wed.	ongoing	Aerobics	5:15-6:05 pm	
Tue. & Thur. (aqua)	ongoing	Pool	9:10-10:00 am	
Tue. & Thur. (aqua)	ongoing	Pool	7:15-8:00 pm	
Saturday	ongoing	Aerobics	8:15-9:10 am	



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Sans Dance Vibes:

Semi-Classical Dance:

Dive into the elegance of Indian classical dance fused with modern techniques. Learn graceful movements, intricate hand gestures (mudras), and storytelling through expressive dance.

Bollywood Dance:

Experience the energy and vibrancy of Bollywood! This fun-filled class combines upbeat music with dynamic choreography, perfect for all skill levels.

Hip Hop:

Step into the world of street dance and groove to the latest beats! These classes focus on rhythm, freestyle movements, and developing personal style.

Folk Dance:

Celebrate cultural traditions through lively and rhythmic folk dances from various regions. Discover the joy of community and storytelling through movement.

Instructor: Sangeeta Teegala

<i>Day</i>	<i>Dates</i>	<i>Room</i>	<i>Time</i>	<i>Fees</i>
Fridays	ongoing	Aerobics	5:00-8:00 pm	For rates and to register, email sansdancevibes@gmail.com

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, contact Mike Urban at 440-234-2255 or email murban@middleburgheights.com.