

Class Descriptions

Boxing – A true to form boxing class with gloves and contact! Rounds of drills will get the heart pumping and strengthen your whole core!

Chair Yoga – A gentle and effective way to gain the physical and mental benefits of yoga when you can't manage the mat.

Core Blast- This 30 minute all-out class is designed to focus on strengthening and toning your core muscles. Be ready for a total abdominal burn!

Cycle Fusion- A high intensity class that incorporates Spin cycles and body weight exercises. Increase your endurance and break a sweat all at once!

Dance Mash Up – A hot mix of Latin, Indian, and hip hop dances to get your heart pumping!

Easy Yoga Stretch - Focus on the basics of breathing and personal movement in this class. Sometimes a gentle stretch can bring greater results when your body is tight!

Hatha Yoga – Linking breath to movement, this traditional flowing style will develop flexibility, strength, and balance for all fitness levels.

HIIT Cardio- Maximize fat burn and strengthen the body through dynamic total body movements with High Intensity Interval Training!

Kettlebell - Functional, compound exercises work multiple muscle groups simultaneously, developing strength and endurance along with efficient calorie expenditure.

Kickboxing - This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

On the Ball - Intensify your workout and tighten your core. Fitness tasks performed on the stability ball encourage engagement throughout the entire range of motion.

Pilates - Aside from a serious focus on ab work, traditional Pilates mat work includes a series of exercises to work the inner and outer thighs, as well as a series to strengthen the back, hamstrings, and glutes!

Pole Fitness - A versatile class that will increase your overall strength while increasing your endurance, with grips, climbs, spins, and inversions. Get fit while having fun!

SHiNE- This dance fitness class is rooted in traditional dance such as Jazz, Hip Hop, and Ballet. The routines are easy to follow, fun, and choreographed to all top 40 Hits!

Spin Plus- Have a different workout every class! The first 30 minutes of this class is a mixture between weights, HIIT, endurance training, and body weight exercises. The last 30 minutes of the class is an all-out Spin workout!

Vinyasa Yoga – A style of yoga characterized by flowing from one posture to the next, seamlessly, using breath work. Vinyasa offers a variety of poses and no two classes are ever the same!

Yoga Fusion- Power up your yoga moves with weights, resistance bands and other props to build strength and endurance.

Yogilates – A blend of power flow yoga and traditional mat pilates will help you to sculpt long, lean muscles, develop strength and balance, and energize body and mind!

Zumba- This Latin music inspired dance fitness class will get you working up a sweat while dancing to choreographed dance workouts!



CLEVELAND FITNESS CLUB

MARCH GROUP FITNESS 2020

Call 440-886-4545

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>7:30A – 8:30A STRENGTH CIRCUIT - ROBBIE</p> <p>9:00A – 9:30A STRENGTH CENTER TOUR</p> <p>8:30A – 9:15A BOOT CAMP (CARDIO N STRENGTH) – JEN</p> <p>9:15A – 10:00A MUSCLE CONDITIONING – JEN</p>	<p>7:30A – 8:15A MOTION CAGE - TANA</p> <p>8:15A – 9:00A SILVER SNEAKERS - LORI</p> <p>9:00A – 9:45A KICKBOXING – LORI</p> <p>9:45-10:30A MatPilates-Lori</p>	<p>8:00A – 9:00A YOGILATES – EVELYNA</p> <p>9:00A – 10:00A Cycle - JEN</p> <p>9:30A – 10:30A ON THE BALL – EVELYNA</p> <p>10:30A – 11:30A CHAIR YOGA - EVELYNA</p>	<p>7:30A – 8:30A MOTION CAGE - ROBBIE</p> <p>8:15A – 9:00A SILVER SNEAKERS - LORI</p> <p>9:00A – 9:45A KICKBOXING –LORI</p>	<p>9:00A – 9:45A DANCE FITNESS – CHRISTEN</p> <p>9:00A – 9:45A CYCLE– JEN</p> <p>9:45A – 10:45A MUSCLE CONDITIONING</p>	<p>8:00A – 9:00A SPIN – LARRY</p> <p>8:00A – 9:00A STEP CARDIO – LORI</p> <p>9:15A – 10:15A KETTLEBELL – TANA</p> <p>10:00A – 11:00A POWERLIFTING</p> <p>10:15A – 10:45A CORE BLAST – TANA</p>	<p>9:00A – 10:00A EASY YOGA STRETCH – EVELYNA</p>
<p>6:00P – 7:00P CYCLE FUSION – LARRY</p> <p>6:00p – 7:00p ALL LEVELS WEIGHTLIFTING & POWERLIFTING -ANGELA</p> <p>6:30P – 7:30P YOGA FUSION - EVELYNA</p>	<p>5:30P – 6:30P SPIN PLUS – LARRY</p> <p>6:00P – 7:00P BOXING - DEREK</p> <p>6:30P – 7:30P POLE FITNESS - RACHEL</p> <p>7:15P – 8:15P HATHA YOGA - EVELYNA</p>	<p>6:00P – 7:00P HIIT CARDIO – ROBBIE</p> <p>7:00P – 8:00P ZUMBA – JENNY</p> <p>8:15P – 9:15P AERIAL FITNESS - CHRISTEN</p>	<p>5:15P – 6:00P BOXING - DEREK</p> <p>6:15P – 7:00P BOOT CAMP – CHRISTEN</p> <p>7:00P – 7:30P STRENGTH CENTER TOUR</p> <p>7:15P – 8:15P HATHA YOGA – EVELYNA</p>	<p>Group Fitness Room Spinning Room Aerial Room WL Center 13363 Smith Rd Motion Cage Strength Center</p>	<p>March News</p> <p>Try our new GOLF SIMULATOR</p> <p>Golf Contest Friday March 13th 5-8PM. See front desk for details.</p>	



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-8am OPEN 8-10am WL	6-8am OPEN	6-8am OPEN	6-8am OPEN	6-8am OPEN 8-10am WL	10am-12pm
12-2 pm Open Lift	12-2pm Open Lift	12-2pm Open Lift	12-2pm Open Lift	12-2pm Open Lift	12-2pm Open Lift
6-8pm WL 6-8 PL	6-8pm PL	6-8pm WL	6-8pm WL	6-8pm WL	

**PL=Powerlifting **WL= Weightlifting