

Land Fitness Activities

There are a variety of ways to focus on your health and fitness at the Family Recreation Center. Our facility offers a comprehensive class schedule. Land Fitness group activities are in the Aerobics/Dance Room unless otherwise stated in the description of the class. We have a great staff of certified, experienced, and dedicated fitness professionals to instruct, assist and motivate you. Participants ages 12 to 17 must have a parent or guardian sign a waiver form for them to participate in class. If you need assistance choosing the appropriate class for your fitness level and/or goals, please feel free to call (330) 468-8370.

Drop In Fee

When space is available you may pay per class.

Program Fee	Mac. Res. Fee	Member Fee
\$7.00	\$6.00	\$5.00

SilverSneakers® Muscular Strength & Range of Movement

FREE CLASS FOR SilverSneakers Members!

Instructor: Linda Skrbín

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

No drop ins. Coupon accepted.

Session	Date (s)	Time	Day
Winter I (7 weeks/14 classes)			
	Jan. 10 - Feb. 23	10:15 - 11:00 a.m.	T/TH
	Fee: Program \$74/Resident \$60/Member \$46		
Winter II (8 weeks/14 classes) <u>No Class week of Apr. 9</u>			
	Feb. 28 - Apr. 19	10:15 - 11:00 a.m.	T/TH
	Fee: Program \$74/Resident \$60/Member \$46		

Personal Training

By appointment only.

Receive assistance from one of our trainers who will design an exercise program tailored specifically toward achieving your individual goals.

Trainers will also teach you how to use the equipment properly and effectively while incorporating free weights into your workout as well.

Workouts can be designed for the fitness center, home, travel, and per individual request. Registration and/or cancellation must be 24 hours in advance of appointment. No coupon.

Call (330) 468-8370 to schedule an appointment.

Fee per hour:

Program \$65 / Resident \$55 / Member \$45

If you choose to bring your own personal trainer to the Rec Center, a \$15 per student facility fee will be charged to the trainer.

If a trainer is not a member, a daily admission fee will also be charged.

SilverSneakers® Yogastretch

Instructor: Pushpa Gopikumar

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Winter I (7 weeks/7 classes)			
	Jan. 11 - Feb. 22	10:15 - 11:00 a.m.	Wed
	Fee: Program \$42/Resident \$36/Member \$30		
Winter II (8 weeks/7 classes) <u>No Class week of Apr. 9</u>			
	Feb. 29 - Apr. 18	10:15 - 11:00 a.m.	Wed
	Fee: Program \$42/Resident \$36/Member \$30		



SilverSneakers® Muscular Strength & Range of Movement

FREE CLASS FOR SilverSneakers Members!

Instructor: Shirl Zehner-Schafer

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Winter I (7 weeks/14 classes)			
	Jan. 9 - Feb. 22	11:30 a.m. - 12:30 p.m.	M/W
	Jan. 10 - Feb. 23	11:30 a.m. - 12:30 p.m.	T/TH
	Fee: Program \$74/Resident \$60/Member \$46		
	Jan. 13 - Feb. 24	10:15 - 11:00 a.m.	Fri
	Fee: Program \$42/Resident \$36/Member \$30		
Winter II (8 weeks/14 classes) <u>No Class week of Apr. 9</u>			
	Feb. 27 - Apr. 18	11:30 a.m. - 12:30 p.m.	M/W
	Feb. 28 - Apr. 19	11:30 a.m. - 12:30 p.m.	T/TH
	Fee: Program \$74/Resident \$60/Member \$46		
	Mar. 2 - Apr. 20	10:15 - 11:00 a.m.	Fri
	Fee: Program \$42/Resident \$36/Member \$30		

Land Fitness Activities

Cardio Kickboxing

Instructor: Daniel Depenbrok

This program is a fusion of basic to intermediate martial arts techniques and includes cardio exercises with the wave master bags. This class incorporates bag drills, body conditioning, aerobic exercises and calisthenics. This class will give you a full body workout!

Drops ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Winter I (7 weeks/7 classes)			
	Jan. 12 - Feb. 23	7:30 - 8:15 p.m.	TH
	Fee: Program \$44/Resident \$37/Member \$30		
Winter II (8 weeks/7 classes)			
	<u>No Class week of Apr. 9</u>		
	Mar. 1 - Apr. 19	7:30 - 8:15 p.m.	TH
	Fee: Program \$44/Resident \$37/Member \$30		

Morning Bootcamp

Instructor: Jill Barry

Want to change your body? This class will build incredible strength and endurance by using a constantly changing format. By incorporating a variety of equipment, the body will continue to feel challenged, helping you overcome plateaus and reach your goals. you will us weight, medicine balls, etc.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Winter I (7 weeks/7 classes)			
	Jan. 14 - Feb. 25	9:15-10:00 a.m.	Sat
	Fee: Program \$44/Resident \$37/Member \$30		
Winter II (8 weeks/7 classes)			
	<u>No Class week of Apr. 9</u>		
	Mar. 3 - Apr. 21	9:15-10:00 a.m.	Sat
	Fee: Program \$44/Resident \$37/Member \$30		

Bootcamp

Instructor: Kathy Curran

This boot camp will be well worth your time! Get ready to push yourself to reach your fitness potential using high and low interval training. We will use steps, hand weights, balls and of course, body weight to get the results you're after! Boot camp combines cardio and strength moves to take your body to its limit and burn calories like crazy!

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Winter I (7 weeks/14 classes)			
	Jan. 9 - Feb. 22	9:00 - 10:00 a.m.	M/W
	Fee: Program \$87/Resident \$74/Member \$60		
Winter II (8 weeks/ 14 classes)			
	<u>No Class week of Apr. 9</u>		
	Feb. 27 - Apr. 18	9:00 - 10:00 a.m.	M/W
	Fee: Program \$87/Resident \$74/Member \$60		

Tighten N Tone (T.N.T.)

Instructor: Linda Skrbini

This is group personal training! Learn proper body placement while using resistance. Your endurance, range of motion, flexibility, posture, muscle strength and bone density will improve. Weights and resistance tubing are used in this class. Bring a mat and a bottle of water.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Winter I (7 weeks/14 classes)			
	Jan. 10 - Feb. 23	9:15-10:00 a.m.	T/TH
	Fee: Program \$88/Resident \$74/Member \$60		
Winter II (8 weeks/14 classes)			
	<u>No Class week of Apr. 9</u>		
	Feb. 28 - Apr. 19	9:15-10:00 a.m.	T/TH
	Fee: Program \$88/Resident \$74/Member \$60		

NEW! CardioParty

Instructor: Thia Brabson

When flirty, fabulous dance meets choreography with a strength-driven purpose; the result is a FUN, effective way to condition the entire body inside and out! The Flirty Girl Fitness® Program created by women for women works the entire body targeting specific muscle groups while maintaining super fun, non-stop cardio-dance moves. Using the easy to learn Flirty Girl Foundation Moves, participants will quickly "own" the movement and experience the fabulous feeling that dancing gives you, while reaping the benefits of strength and cardiovascular exercise all in one class! Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Winter I (7 weeks/7 classes)			
	Jan. 13 - Feb. 24	6:00 - 7:00 p.m.	Fri
	Fee: Program \$44/Resident \$37/Member \$30		
Winter II (8 weeks/7 classes)			
	<u>No Class week of Apr. 9</u>		
	Mar. 2 - Apr. 20	6:00 - 7:00 p.m.	Fri
	Fee: Program \$44/Resident \$37/Member \$30		

Sculpt & Tone

Instructor: Jill Barry

This fast paced sculpting class will strengthen, tone and improve body endurance through the use of body resistance, body bars, fitness balls, weights and more! All major muscle groups will be challenged! Bring a mat, resistance tubes and a bottle of water.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Winter I (7 weeks/14 classes)			
	Jan. 9 - Feb. 22	6:30-7:15 p.m.	M/W
	Fee: Program \$87/Resident \$74/Member \$60		
Winter II (8 weeks/ 14 classes)			
	<u>No Class week of Apr. 9</u>		
	Feb. 27 - Apr. 18	6:30-7:15 p.m.	M/W
	Fee: Program \$87/Resident \$74/Member \$60		

Land Fitness Activities

Indoor Cycling

Instructor: John Hornyak
Location: 2nd Floor Cycling Area

Let our instructors lead you through a fun and challenging cardio strength workout. Cycling indoors will simulate cycling outdoors with sprints, climbs and cadence drills. The music and instructor will motivate you to get your legs to pedal. This workout is ideal for both the beginner and the experienced rider because you choose your own level of intensity. Be sure to bring a towel and a bottle of water.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Winter I (7 weeks/7 classes)			
	Jan. 10 - Feb. 21	7:30-8:30 p.m.	Tues
	Jan. 12 - Feb. 23	7:30-8:30 p.m.	Thurs
	Fee: Program \$44/Resident \$37/Member \$30		
Winter II (8 weeks/7 classes) No Class week of Apr. 9			
	Feb. 28 - Apr. 17	7:30-8:30 p.m.	Tues
	Mar. 1 - Apr. 19	7:30-8:30 p.m.	Thurs
	Fee: Program \$44/Resident \$37/Member \$30		

Saturday Indoor Cycling

Instructor: John Hornyak
Location: 2nd Floor Cycling Area

A stimulating and challenging ride while achieving both a cardio and strength workout on the bike. We simulate sprints, climbs and cadence drills as we ride along to motivating music. This workout is ideal for both the beginner and the experienced rider because you choose your own level of intensity. This is a great way to cross train and maintain your biking strength during the winter months. Be sure to bring a towel and a bottle of water.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Winter I (7 weeks/7 classes)			
	Jan. 14 - Feb. 25	8:30-9:30 a.m.	Sat
	Fee: Program \$44/Resident \$37/Member \$30		
Winter II (8 weeks/7 classes) No Class week of Apr. 9			
	Mar. 3 - Apr. 21	8:30-9:30 a.m.	Sat
	Fee: Program \$44/Resident \$37/Member \$30		

OOPS! WE CANCELED A CLASS BECAUSE WE DIDN'T KNOW YOU WERE COMING! SOMETIMES GREAT CLASSES GET CANCELED WHEN TOO MANY PEOPLE WAIT UNTIL THE LAST MINUTE TO REGISTER. PLEASE AVOID DISAPPOINTMENT AND REGISTER EARLY!

Rock Hard Abs

Instructor: Jill Barry

This 45 minute class will get you on your way to looking like a rock star! Class will focus on toning the abdominals and will incorporate the use of weights and stability balls. Lower back work will be included as well.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Winter I (7 weeks/7 classes)			
	Jan. 14 - Feb. 25	8:15 - 9:00 a.m.	Sat
	Fee: Program \$44/Resident \$37/Member \$30		
Winter II (8 weeks/7 classes) No Class week of Apr. 9			
	Mar. 3 - Apr. 21	8:15 - 9:00 a.m.	Sat
	Fee: Program \$44/Resident \$37/Member \$30		

NEW! Cardio Dance

Instructor: Ryan Rosinski

Cardio Dance is a fun upbeat fitness class taught to today's most popular hits, with a variety of different types of dance moves and skills. It's guaranteed to make you sweat and have fun! All dance levels welcome.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Winter I (7 weeks/14 classes)			
	Jan. 10 - Feb. 23	5:30 - 6:15 p.m.	T/TH
	Fee: Program \$70/Resident \$56/Member \$42		
Winter II (8 weeks/14 classes) No Class week of Apr. 9			
	Feb. 28 - Apr. 19	5:30 - 6:15 p.m.	T/TH
	Fee: Program \$70/Resident \$56/Member \$42		

Zumba

Instructor: Katie Pylypiak

ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Winter I (7 weeks/14 classes)			
	Jan. 9 - Feb. 22	7:30 - 8:30 p.m.	M/W
	Fee: Program \$84/Resident \$70/Member \$56		
Winter II (8 weeks/ 14 classes) No Class week of Apr. 9			
	Feb. 27 - Apr. 18	7:30 - 8:30 p.m.	M/W
	Fee: Program \$84/Resident \$70/Member \$56		

Land Fitness Activities

Wellness Yoga

Instructor: Gopi Kumar

A Yoga format focusing on improving lung capacity, oxygenation of blood, better digestion and excretion. This is achieved through a series of breathing techniques, stretching of the body and holding it in different postures followed by a relaxation technique and a short meditation. Overall regular practice will bring in a flexible body and a relaxed mind.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
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Winter I (7 weeks/7 classes)

Jan. 10 - Feb. 21	7:30-8:30 p.m.	Tues
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Fee: Program \$44/Resident \$37/Member \$30

Winter II (8 weeks/7 classes) No Class week of Apr. 9

Feb. 28 - Apr. 17	7:30-8:30 p.m.	Tues
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Fee: Program \$44/Resident \$37/Member \$30

Low Impact

Instructor: Shirl Zehner-Schafer

This 45-minute workout consists of toning, firming, stretching and low-impact aerobics. This class will teach the basics of cardio and get you geared up for the challenges of more advanced classes. Routines will be easy to follow. Fitness balls, resistance bands or a walk around the track will keep this class from becoming anything but routine!

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
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Winter I (7 weeks/14 classes)

Jan. 9 - Feb. 22	5:30 - 6:15 p.m.	M/W
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Fee: Program \$84/Resident \$70/Member \$56

Winter II (8 weeks/ 14 classes) No Class week of Apr. 9

Feb. 27 - Apr. 18	5:30-6:15 p.m.	M/W
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Fee: Program \$84/Resident \$70/Member \$56

T'ai Chi for Arthritis

Instructor: Ken Owen

Created and backed by the Arthritis Foundation, this program simplifies some of the more demanding movements of traditional Tai Chi. This program focuses on improving range of motion, flexibility and balance. Try a new way of exercise - all that is needed are 45 minutes of your time and an open mind!

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
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Winter I (7 weeks/7 classes)

Jan. 9 - Feb. 20	10:30-11:15 a.m.	Mon
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Fee: Program \$42/Resident \$36/Member \$30

Winter II (8 weeks/7 classes) No Class week of Apr. 9

Feb. 27 - Apr. 16	10:30-11:15 a.m.	Mon
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Fee: Program \$42/Resident \$36/Member \$30

NEW! Fitness BallBlaster

Instructor: Thia Barbson

A great cardio ball class! Begin with a cardio segment to get your heart pumping and end with strength and flexibility training using 5-8lbs. medicine and large stability balls. Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
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Winter I (7 weeks/7 classes)

Jan. 8 - Feb. 19	1:30 - 2:30 p.m.	Sun
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Fee: Program \$44/Resident \$37/Member \$30

Winter II (8 weeks/7 classes) No Class April 8

Feb. 26 - Apr. 15	1:30 - 2:30 p.m.	Sun
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Fee: Program \$44/Resident \$37/Member \$30

Pilates

Instructor: Linda Skrbin

This class will focus on conditioning the body from the inside out. Learn the importance of core stabilization, muscle balance, proper alignment, strength and flexibility. Bring a sticky mat.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
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Winter I (7 weeks/7 classes)

Jan. 13 - Feb. 24	9:15-10:00 a.m.	Fri
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Fee: Program \$44/Resident \$37/Member \$30

Winter II (8 weeks/7 classes) No Class week of Apr. 9

Mar. 2 - Apr. 20	9:15-10:00 a.m.	Fri
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Fee: Program \$44/Resident \$37/Member \$30

Beginner Yoga

Instructor: Pushpa Gopikumar

This class will introduce you to simple body movements and some basic breathing techniques. This will loosen a stiff body and increase lung capacity, improve blood circulation and improve overall health. Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
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Winter I (7 weeks/7 classes)

Jan. 8 - Feb. 19	12:15 - 1:15 p.m.	Sun
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Fee: Program \$44/Resident \$37/Member \$30

Winter II (8 weeks/7 classes) No Class April 8

Feb. 26 - Apr. 15	12:15 - 1:15 p.m.	Sun
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Fee: Program \$44/Resident \$37/Member \$30