

# July Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Silver Sneakers Cardio Fit 8:00 - 8:55am Paula		Silver Sneakers Cardio Fit 8:00 am - 8:55 am Paula	<b>H2O Total Body Splash</b> 8:00 - 9:00am Beth Ann	H2O Let's Go 8:05 - 9:00am Stephanie
H.I.I.T. & Tone 9:00 - 10:00am Paula	<b>Silver Sneakers Splash</b> 9:00 - 10:00am Paula	<b>H2O Tae Bo</b> 9:00 - 10:00am Beth Ann	<b>Silver Sneakers Splash</b> 9:00- 10:00am Paula	*15 Min Abs* 8:30 - 8:45am John	<i>Sunrise Yoga</i> 8:15 - 9:15am (1st Floor) Kris
<b>H2O Boot Camp</b> 9:00 - 10:00am Beth Ann	Tighten "N" Tone 9:15 - 10:00am Linda	Silver Sneakers Yoga 9:15 - 10:15am Paula	Tighten "N" Tone 9:15 - 10:00am Linda	<i>Mat Pilates</i> 9:15 - 10:00am (1st Floor) Linda	Indoor Cycling 8:30 - 9:30am John
Silver Sneakers Yoga 9:15 - 10:15am Shirl	Silver Sneakers Classic 10:15 - 11:00am Linda		Silver Sneakers Classic 10:15 - 11:00am Linda	Silver Sneakers Yoga 9:15 - 10:15am Shirl	RIP 9:00 - 10:00am Lynette
<i>Tai Chi Chuan</i> 10:00 - 11:00 am (1st Floor) Beth Ann	<b>Aqua Arthritis</b> 11:00am - 12:00pm Paula	BOOM 10:15-11:15am Paula	<b>Aqua Arthritis</b> 11:00am - 12:00pm Paula	<b>Silver Sneakers Splash</b> 10:05- 10:55am Beth Ann	Zumba 10:30 - 11:30am Debra
Silver Sneakers Cardio Circuit 10:15 - 11:00 am Shirl	Silver Sneakers Classic 11:30am - 12:15 pm Shirl	<b>Aqua Arthritis</b> 11:00am - 12:00pm Beth Ann	Silver Sneakers Classic 11:30am - 12:15 pm Shirl	Silver Sneakers Classic 10:15 - 11:00am Shirl	<b>*15 Min. Abs Member \$2</b> <b>Macedonia Resident \$3</b> <b>General Public \$4</b>
<b>Aqua Arthritis</b> 11:00am - 12:00pm Beth Ann		Silver Sneakers Classic 11:30am - 12:15 pm Shirl		Aqua Arthritis 11:00am - 12:00pm Beth Ann	
Silver Sneakers Classic 11:30am -12:15 pm Shirl		Silver Sneakers Cardio Fit 12:30 -1:15 pm Shirl	RIP 6:00 - 7:00pm Lynette		
	RIP 6:00 - 7:00pm Cindy		<b>Aqua Fusion</b> 6:30-7:30 pm Tim		
On the Ball 6:00 - 6:45pm Stephanie	<b>Aqua Fusion</b> 6:30-7:30 pm Tim		<i>Zumba</i> 7:00 - 8:00pm (1st Floor) Debra		
Bike & Body 6:15 - 7:15 pm John	Bike & Body 7:00 - 8:15pm John	TRX Circuit 6:00 - 7:00pm Beth Ann	Indoor Cycling 7:00 - 8:00pm John		
<i>Zumba</i> 7:00 - 8:00pm (1st Floor) Sharon	<i>Zumba</i> 7:00 - 8:00pm (1st Floor) Debra	Zumba 7:00 - 8:00pm Sharon			

**Fitness Flex Pass**

Flexibility is the key behind our FLEX Pass! In order to participate in the following classes, you can either pay a drop-in fee or purchase a FLEX Pass for multiple visits to any of these programs! Please check the monthly calendar available online or at the front desk for any updates, changes, cancellations, etc. There are no refunds when a class is changed or cancelled. **Passes are NON-REFUNDABLE, NON-REPLACEABLE and NON-TRANSFERABLE.** Passes are valid for 6 months from date of purchase.



[www.MacRec.com](http://www.MacRec.com)  
(330) 468-8370

**Facility will be Closed**  
**July 4 for the**  
**holiday**



Flex Pass	1	5	10	20
Fees	Class	Classes	Classes	Classes
Member	\$8	\$30	\$50	\$80
Macedonia Resident	\$9	\$35	\$60	\$100
General Public	\$10	\$40	\$70	\$120

# Fitness Class Descriptions:

## **15 Min Abs/TRX Core ☺**

Fast paced abdominal routine performed with different types of equipment that blast abdominal region.

## **Aqua Arthritis ☺**

Class improves joint flexibility, reduces pain, and stiffness while supported by the water's buoyancy and resistance.

## **Aqua Fusion ☺**

This class will combine multiple formats to improve your overall level of fitness. A mix of strength and endurance exercises held in the shallow lap lanes, the instructor may also take you into the deep water diving well. Enjoy the buoyancy of the water while reducing impact on your joints.

## **Bike & Body \*\***

30 Minutes of intense Cycling and 30 minutes of weights. Workout focuses on abdominals, upper, lower body or combination of all 3 components for an awesome workout. May also incorporate TRX® suspension bands.

## **H.I.I.T. & Tone \*\***

High Interval training that consists of cardio, active recovery and strength moves using weights.

## **H2O BootCamp ☺**

Based on traditional Boot Camp style with Aqua drills & Thrills! A series calorie burner and best of all FUN!

## **H2O Let's Go ☺**

Weights, cardio & resistance to get your morning going.

## **H2O Tae-Bo ☺**

Total body workout using kickboxing techniques.

## **H2O Total Body Splash ☺**

Using aqua weights and noodles to improve endurance, muscle strength and coordination without the impact on your joints.

## **Indoor Cycling / Location: 2nd Floor Cycling Area \*\***

Fun and challenging endurance strength workout. Simulate outdoor cycling with sprints, climbs and cadence drills.

## **Mat Pilates\*\***

Condition the body from the inside out. Focus on core stabilization, muscle balance, proper alignment, strength, and flexibility. Based on founder Joseph Pilates. Bring sticky mat.

## **On the Ball ☺**

A unique and fun approach to fitness by using stability balls to work on core balance. Bands and weights are used to shape and strengthen muscles, and TRX straps are used for stretching and flexibility. Be ready to have a blast! Let's roll!

## **RIP ☺**

Complete body workout using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning.

## **Sunrise Yoga ☺**

Strengthen, stretch, and balance the body using Hatha Yoga practices and techniques.

## **Tai Chi Chuan ☺**

Based on unique principles, including the emphasis on developing qi mastery. Qigong is the practice of developing greater awareness & control over the inner life energy for therapeutic and healing purposes.

We offer many classes featuring a large range of classes to the beginning user to elite user.

Beginner : \*

Intermediate : \*\*

Advance: \*\*\*

All Levels: ☺

## **Tighten N Tone (T.N.T.) ☺**

Learn proper body placement while using resistance. Endurance, range of motion, flexibility, posture, muscle strength and bone density will improve using weights and resistance tubing. Bring a mat.

## **TRX Circuit\*\*\***

Total Body Resistance Training using adjustable straps and other equipment for multi-plane workout.

## **Zumba ☺**

A fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness workout! Routines feature easy to follow dance steps combined with body sculpting movements.

## **Zumba Combo ☺**

Exercise to Latin dance moves, learn to use the "step" and incorporate light weights for a combo workout experience.

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## **CLASSES BELOW ARE FREE TO ALL SILVERSNEAKER MEMBERS:**

### **BOOM**

BOOM is a three-tiered program specially designed to service the needs of the active older adult population. Each class will include action (BOOM Muscle), dance (BOOM Move It), and mind/body (BOOM Mind) formats to cater to the specific needs of this growing segment of the fitness center program.

### **SilverSneakers® Cardio**

#### **FREE CLASS FOR Silver Sneakers Members!**

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing workout. The workout includes low impact movement, and strength exercises using hand-help weights, elastic tubing and a ball. A chair is used for standing support, abdominal conditioning, stretching and relaxation exercises.

### **SilverSneakers® Classic**

#### **FREE CLASS FOR Silver Sneakers Members!**

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.

### **SilverSneakers® Yoga**

#### **FREE CLASS FOR Silver Sneakers Members!**

Yoga Stretch 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.

### **SilverSneakers® Splash**

#### **FREE CLASS FOR Silver Sneakers Members!**

Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No Swimming ability is required, and a special Silver Sneakers kickboard is used to develop strength, balance and coordination.