

November Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stretch & Strength (25) 8-8:45 am Ann – 2 nd Floor	Tighten n Tone (32) 9:15-10 am Linda -2 nd Floor	Aqua Kickboxing (25) 9-9:45 am John – Lap Pool	Tighten n Tone (32) 9:15-10 am Linda – 2 nd Floor		Spin (14) 8:00-8:45 am John - Pod 2
H2O Splash (25) 9-9:45am Ann - Lap Pool	SilverSneakers Splash (25) 9:45-10:45 am Shirl - Lap Pool	Aqua Arthritis (20) 10-10:45 am John -Activity Pool	SilverSneakers Splash (25) 9:45-10:45 am Ann - Lap Pool	Tai Chi (20) 10-11 am Robert - 2 nd Floor	RIP (30) 8:30-9:30 am Cindy -2 nd Floor
Aqua Arthritis (20) 10-10:45am Ann - Activity Pool	SilverSneakers Classic (32) 11 am-12 pm Shirl - 2 nd Floor	SilverSneakers Classic (32) 11 am-12 pm Shirl -2 nd Floor	SilverSneakers Classic (32) 11 am-12 pm Shirl - 2 nd Floor	Zumba Toning (25) 11:15am-12:15pm Verlenia -2 nd Floor	Barre Intensity (25) 10-11 am Cindy - 2 nd Floor
SilverSneakers Yoga (30) 10-11 am Shirl - 2 nd Floor	Tai Chi (20) 12:15-1:15 pm Robert - 2 nd Floor	Barre Intensity (25) 5:30-6:30 pm Cindy - 2 nd Floor	Line Dance 1:30-2:30 pm 2 nd floor-DROP IN ONLY		Zumba (30) 11:15am-12:15pm Sharon/Victoria 2 nd Floor
SilverSneakers Classic (32) 11 am-12 pm Shirl - 2 nd Floor	Line Dance 1:30-2:30 pm 2 nd floor-DROP IN ONLY	Spin (14) 6-7 pm John - Pod 2	Yoga Flow (19) 5:45-6:45 Lori – 1 st Floor		
Barre Intensity (25) 5:30-6:30 pm Cindy - 2 nd Floor	RIP (30) 5:45-6:45 pm Cindy - 2 nd Floor	Zumba (30) 6:45-7:45 pm Sharon - 2 nd Floor	RIP (30) 5:45-6:45 pm Cindy - 2 nd Floor		
Spin (14) 6-7 pm John - Pod 2			Cycle and Sculpt (14) 6-7 pm Sarah – Pod 2		
Zumba (30) 6:45-7:45 pm Sharon/Victoria 2 nd Floor			Zumba Toning (25) 7:15-8:15 pm Verlenia - 2 nd Floor		

Flip to read the class guidelines and descriptions



Macedonia Rec Center Fitness Class Guidelines

Advanced registration is required for all fitness classes

Registration opens at 6 AM one-week prior to the scheduled class.

Register online at **MacRec.com**, at the Rec Center Front Desk, or call: 330-468-8370.

A waitlist is available for each class. If you have registered for a class and cannot make it, please inform the front desk as soon as possible.

Classes are free for members and non-members must purchase a daily pass.

Please provide an email address to be notified of class changes or cancellations.

Fitness Class Descriptions

Aqua Arthritis- This class is held in the warm water therapy pool which provides the ideal environment for members to exercise with arthritis. The buoyant force of water counteracts the downward pull of gravity, thus reducing the weight placed on the joints.

Aqua Kickboxing- Total body workout using kickboxing techniques.

Barre Intensity- Is a hybrid workout combining ballet-inspired moves with elements of Pilates, dance, yoga, and strength training. We incorporate small, isolated movements to fatigue the muscles, large range motion to elevate the heart rate and sequencing that incorporates upper and lower body to make every minute count. Wall mounted bar, ball, resistance band, sliders and hand weights are used to sculpt, tone, slim and stretch your entire body. All fitness levels welcome!

Cycle and Sculpt – Designed for a full body workout, this class consists of a 45-minute indoor cycle ride followed by 15 minutes of strength training off the bike. While on the bike, you will pedal through hill climbs, sprints, jumps, and other challenging drills that will improve your cardiovascular conditioning, set to music that will motivate you! The off-bike portion will focus on a different muscle group each week to strengthen and tone all the muscles in your body with a combination of bodyweight and weighted moves. Please bring a water bottle and a towel! All fitness levels welcome!

H2O Splash- This aqua class takes place in chest-deep water and provides a full-body workout, incorporating arms, core, and leg movements. Noodles and water weights are used.

RIP (Resistance, Intensity, Power)- 60-minute workout using barbells, adjustable weights and dumbbells to tone and condition muscles while raising metabolic rate for rapid fat-burning. All major muscle groups are worked through a series of weight-bearing exercises including squats, presses, and lifts. Routine is choreographed to fun, motivating music! This class style has confirmed higher than expected fat-burning effects alongside endurance, strength and ‘wellness’ benefits. All fitness levels are welcome!

Spin- Our instructors lead you through a fun and challenging endurance strength workout. Cycling indoors will simulate cycling outdoors with sprints, climbs and cadence drills. Geared for all fitness levels from beginner to advanced come and give this class a try. Let’s Ride! Please bring a water bottle and towel with you.

Stretch and Strength- This class will help members improve muscle mass, prevent and reduce back pain, have better posture, manage chronic conditions, and prevent injury along with many more positive health outcomes. Great full-body workout using body weight and dumbbells.

Tai Chi- Expect to learn basic movements and techniques to increase energy level, improve balance and coordination, as well as building leg and core strength in a friendly atmosphere with an enthusiastic instructor. Through training in these exercises, you will be stronger, healthier, and safer.

TNT (Tighten n Tone)- This is a 45 min. full body weight training and body toning class. This class works all major muscle groups to improve your strength, endurance and sculpt your body. This class incorporates the use of dumbbells, weighted body bars, resistive tubing, resistive loop bands and large stability balls. Every class is fun, energetic and utilizes different movements so you’re never bored!

Yoga Flow- This class will link breath to movement as you flow from pose to pose. Our philosophy is that yoga is for "every body", variations of the poses will be available for the new or advanced yogi. Classes may include sitting, standing, balance and inverted postures while always encouraging you to meet you where you are on any given day.

Zumba- is an exercise fitness program that takes the “work” out of work-out, by mixing low and high intensity moves with an interval style, calorie-burning dance fitness party to Latin and world rhythms. A total workout, combining all elements of fitness-cardio, muscle conditioning, balance, and flexibility, boosted by energy and a serious dose of awesome each time you leave class!

Zumba Toning- A combination of body sculpting exercises using light weighted toning sticks or dumbbells with Latin and world rhythms to create a calorie-torching, strength-training experience. So, you have the Zumba Fitness Dance Party sensation with weights targeting various muscles in the upper body, core, and lower body providing an exhilarating total body workout. A harmonious balance of fitness training!

SilverSneakers

SliverSneakers Classic- Increase muscle strength and range of motion and improve activities for daily living. You’ll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

SilverSneakers Splash- This aqua class offers lots of fun with shallow water moves to improve flexibility and cardio endurance. No swimming is required. A special kick board is used to develop strength, balance, and coordination.

SilverSneakers Yoga- Move through seated and standing yoga poses designed to increase flexibility, balance, and range of motion. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.