

## 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 in the event of class changes or cancellations.

### Fitness Class Descriptions

**Aqua Arthritis-** The program exercises are designed specifically for people with arthritis and related diseases. Participants improve their joint flexibility and reduce their pain and stiffness while supported by the water's buoyancy and resistance. The class also provides a friendly, fun atmosphere.

**Aqua Bootcamp-** 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.

**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 movement 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!

**Flow-** Incorporates yoga and Pilate fundamentals with athletic training for balance, mobility, flexibility, and core strengthening. Emotive music drives the experience as you breathe and stretch through this full-body fitness journey. All fitness levels welcome!

**H2O Splash-** Based on traditional Boot Camp style with Aqua drills and thrills! A serious calorie burner and FUN!

**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 to class.

**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!

**Stretching-** 30 minutes of stretching using the ballet bar and floor exercises. Modifications can be made for all levels of fitness.

**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 mint. 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 dumb bells, weighted body bars, resistive tubing, resistive loop bands and large stability balls. Every class is fun, energetic and utilizes different movements so your never bored!

**Yoga for Strength-** Linking breathing with movement, build strength, flexibility, and balance. Sequences of poses focusing on balance, abs, hips, and twists to lengthen and tone the body and mind. Ending with a deep rest, leaving you relaxed and rejuvenated.

**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

**SilverSneakers 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-** In this fun, shallow-water exercise class you'll use a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.

**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