

Class Descriptions

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.

Chair Yoga— A gentle form of yoga that is practiced sitting and standing using a chair for support. Improve your flexibility and blood flow through this relaxing class!

Motion Cage - Our own functional movement training system composed of various exercise stations and geared toward maximum calorie burn. Organic motions develop a performance advantage across a broad spectrum of physical activities.

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.

Yoga Fusion- This class combines strength training with weights with an intense yoga workout. No class is the same!

Hatha Yoga— Promote blood flow and reconnect with your primal energy systems in this class. A great flow with even better breathing will leave you feeling amazing after this class.

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!

Water Walking & Strength – Increase your cardiovascular conditioning and mobility in this aerobic based aquatic class!

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!

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

Pound- Sweat, sculpt and rock out with pound! Pound is a full body cardio jam session that will make you sweat while sculpting your body as you rock out to your favorite songs!

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!

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

Core & Stretch- This hour long class is designed to work all of your core muscles followed by a deep total body stretch. You will be taught how to properly stretch all of your muscles for recovery.

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!

Cardio Boxing- This 45 minute class includes all elements of boxing without the equipment. Punch, kick, squat, and jump through this energetic total body class.

Tabata- Tabata is 20 seconds of hard work, followed by 10 seconds of rest of 8 rounds. Body weight and cardio exercises are used to get a complete calorie torching workout in 45 minutes!

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!

Turf Training- Train like an athlete in this 45 minute class on the turf! This class offers a dynamic and functional workout with weights, agility drills, HIIT, bands, and much more!

Backyard Bootcamp- This seasonal class takes you outside for your workout! A different format every class using tires, ropes, kettlebells, cones, jump ropes, farmers carry, and much more. Invite your friends for a \$10 drop in fee! *classes meet in the back parking lot ** non-members can pay a \$10 drop in to come to this class



CLEVELAND FITNESS CLUB

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June 2018

GROUP FITNESS SCHEDULE

MONDAY

5:15p-6:00p
BACKYARD BOOTCAMP
Jake

6p-7p
CYCLE FUSION
Larry

6:15-7p
TURF TRAINING**
Shannon

6:30p-7:30p
YOGA FUSION
Evelyna

7p-8p
POLE FITNESS
Rachel

TUESDAY

5:15a-6:00a
SPIN
Shannon

7:15a-8:00a
MOTION CAGE
Madison

9:30a-10:15a
CARDIO BOXING
Sarah

5:30p-6:30p
SPIN PLUS
Larry

5:30p-6:00p
CORE BLAST
Rachel

6p-7p
POUND
Rachel

7:15p-8:15p
HATHA YOGA
Evelyna

6:30p-7:15p
BACKYARD BOOTCAMP
Madison

WEDNESDAY

6:30a-7:15a
BACKYARD BOOTCAMP
Jake

9:30a-10:30a
ON THE BALL
Evelyna

10:30a-11:30a
CHAIR YOGA
Evelyna

5:25-5:55p
CORE BLAST
Madison

6p-7p
HIIT CARDIO
Rachel

7p-8p
POLE FITNESS
Rachel

8:30p-9:30p
ADVANCED POLE TRICKS
Christen

THURSDAY

5:15a-6:00a
SPIN
Shannon

7:15a-8:00a
MOTION CAGE
Shannon

9:30a-10:15a
TABATA
Sarah

10:30a-11:30a
WATER WALKING
Karen

5:30p-6:00p
CORE BLAST
Sheila

6p-7p
KETTLEBELL
Sheila

7:15p-8:15p
HATHA YOGA
Evelyna

FRIDAY

7:15-8a
HIIT CARDIO
Jason

8:00a-9:00a
SHINE
Christen

SUNDAY

9:00a-10:00a
EASY YOGA STRETCH
Evelyna

SATURDAY

8a-9a
POUND
Rachel

8a-9a
SPIN
Larry

9:15a-10:15a
KETTLEBELL
Sheila

10:15a-11:00a
CORE & STRETCH
Jason

11:15a-12:00p
BACKYARD BOOTCAMP
Trainers*

**Turf Training is a \$10 fee and is at the Weightlifting facility

*A different trainer every Saturday