

Class Descriptions

Body Sculpt - A non-aerobic muscle toning combination of traditional body sculpting methods, including free weights, resistance bands and body weight exercises.

High Intensity Interval Training (HIIT) – A training class which needs 100% effort. It involves intense bursts of exercise followed by short recovery periods for maximum fat burning.

Kettlebell - Functional, compound exercises work multiple muscle groups simultaneously, developing strength and endurance along with efficient calorie expenditure. Explosive swinging movements require that the stabilizing muscles engage more with each movement and elevate the heart rate for effective cardiovascular training.

Barbell –Comprehensive intro and progression into powerlifting as well as basics of Olympic lifting

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.

Spin - One of the most effective calorie burning exercises. Build cardiovascular endurance and lower body strength on adjustable resistance bikes.

Cycle Fusion- This class is a challenging and fun blend of resistance training exercises and Spin. Increase cardiovascular endurance and overall strength while having a blast!

Vinyasa Yoga - Fast-paced, fitness based yoga focused on the dynamic linking of postures with the breath to form a continuous flow.

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–This class includes cardiovascular conditioning in the pool. Add resistance while simultaneously decreasing the impact on joints. Working against the force of water overloads your muscles and forces them to adapt and become stronger.

Pole Fitness - Are you ready to let your hair down? Pole fitness is a versatile class that will increase your upper body and core strength while increasing your endurance. Moves include climbs, spins, inversions, and limb grips. Get fit while having fun!

Mobility: Movement & Flow- Learn the basic mechanics behind proper dynamic and static stretches and how to perform self-myofascial release. Be prepared to feel stronger, more balanced and more flexible after just a few classes!

Barre- A true core workout this class will turn up the heat! Focusing on proper alignment with a dynamic blend of weights, cardio and sculpting moves for the lower body, you will lengthen and strengthen those muscles!

Cardio Kickboxing & Kettlebell- A full body cardio and resistance focused workout. You will strengthen your entire body, improve coordination and have a great time doing so!

Total Body Bootcamp-This circuit style class is designed to help you get into shape fast! Using battle ropes, kettle bells, agility ladders and bands you'll never get bored. Come join in on the fun!

April 2017

GROUP FITNESS SCHEDULE



CLEVELAND FITNESS CLUB

OPEN 3AM - 365 DAYS A YEAR

www.ClevelandFitnessClub.com

MONDAY

7:15a-8:15a
VINYASA YOGA
Dana

9:30a-10:30a
WEIGHT LIFTING
Yu Xin

5:30p-6:30p
POLE FITNESS
Rachel

6p-7p
BARBELL
*Barbell Staff

6p-7p
CYCLE FUSION
Larry

6:30p-7:30p
MOTION CAGE
Anna

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

7:30p-8p
MOBILITY
Lauren

TUESDAY

9a-10a
BARRE BASICS
Laura

9a-10a
WATER AEROBICS
Karen

5p-5:45p
BOXING 101
Charles

5p-6p
BODY SCULPT
Yu Xin

6-7p
POUND
Rachel

6p-6:45p
MOTION CAGE BOOTCAMP
Yu Xin

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

WEDNESDAY

8a-9a
YOGA FUSION
Evelyna

9:30a-10:30a
ON THE BALL
Yu Xin

10:30a-11:30a
CHAIR YOGA
Yu Xin

5:30p-6p
CARDIO SPIN
Larry

6p-7p
BARBELL
*Barbell Staff

6p-7p
HIGH INTENSITY INTERVAL TRAINING
Lauren

7p-7:30p
MOBILITY
Lauren

7p-8p
POLE FITNESS
Rachel

THURSDAY

7:15a-8a
MOTION CAGE
Charles

9a-10a
BARRE
Laura

9:30a-10:30a
WATER AEROBICS
Karen

10a-11a
ZUMBA!
Chris

6p-7p
KETTLEBELL
Sheila

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

FRIDAY

7:15a-8:15a
VINYASA YOGA
Dana

9a-10a
MOTION CAGE
Jason

9a-10a
BARBELL
*Barbell Staff

5:15p-6p
TOTAL BODY BOOTCAMP
Charles

6p-7p
ZUMBA!
Chris

SATURDAY

8a-9a
POUND
Rachel

8a-9a
SPIN Larry

9:15a-10:15a
KETTLEBELL Sheila

10:15a-11:00a
BEGINNER KB
Sheila

10:30a-11:30a
MOTION CAGE
Yu Xin

12p-1p
CARDIO KICKBOXING & KETTLEBELL
Charles

SUNDAY

8a-9a
HARDCORE CARDIO
Jason

9:15a-10:15a
EASY YOGA STRETCH
Evelyna