

# 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.

**Meditative Yoga Stretch** – Enjoy a total mind & body focused yoga class incorporating various active meditation techniques while improving your mental and physical flexibility and strength.

**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 Basics**- Perfect for beginners and bodies of all shapes and sizes- this slow flow class includes deep stretch, relaxation and an emphasis on alignment and well-being.

**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!

**Yogalates** – Combine Pilates and yoga for a challenging all over workout incorporating the postures and breathing techniques of yoga.

**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!

**Mobility: Movement & Flow**- Learn the basic mechanics behind proper dynamic and static stretches and how to perform self-myofascial release. Feel stronger & more balanced!

**Boxing Fundamentals**- Learn the basics of proper striking and how to apply these principles in your own training. If you're ready for a challenge and some change, you'll find it here.

**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!

**Total Body Cardio**- This high intensity body weight cardio class will be sure to get your heart pounding and your body sweating!

**Beginner Weightlifting\***- This exclusive class offers a proper and structured introduction to all of the aspects of Olympic weightlifting training.

**Beginner Powerlifting**- An introduction on technique for the three primary powerlifting lifts; bench, squat and deadlift.



CLEVELAND FITNESS CLUB

**OPEN 3AM - 365 DAYS A YEAR**

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# January 2018 GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6p-7p <b>CYCLE FUSION</b> Larry	7:15a-8:15a <b>MOTION CAGE</b> Charles	9:30a-10:30a <b>ON THE BALL</b> Evelynna	10:30a-11:30a <b>WATER WALKING</b> Karen	9a-10a <b>MOTION CAGE</b> Jason	8a-9a <b>POUND</b> Rachel	
6:30p-7:30p <b>YOGA FUSION</b> Evelynna	6p-7p <b>POUND</b> Rachel	10:30a-11:30a <b>CHAIR YOGA</b> Evelynna	7:15a-8a <b>MOTION CAGE</b> Charles		8a-9a <b>SPIN</b> Larry	
6p-7p <b>POWERLIFTING</b> Lauren	6p-7p <b>BEGINNER WEIGHTLIFTING*</b> Cory	6p-7p <b>HIIT CARDIO</b> Lauren	6p-7p <b>KETTLEBELL</b> Sheila		9:15a-10:15a <b>KETTLEBELL</b> Sheila	
7p-8p <b>POLE FITNESS</b> Rachel	7:15p-8:15p <b>HATHA YOGA</b> Evelynna	7p-8p <b>POLE FITNESS</b> Rachel	7:15p-8:15p <b>HATHA YOGA</b> Evelynna			
7:15p-8p <b>MOBILITY AND FLOW</b> Lauren						
7:45p-8:45p <b>YOGA BASICS</b> Natalie						9:15a-10:15a <b>EASY YOGA STRETCH</b> Evelynna

\*\$15 per class or \$99 for a 12 Class Punch Card Pass