



# BROADVIEW HEIGHTS



## PARKS & RECREATION

### **Fitness & Water Group Exercise Classes: August 21st – September 4th**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:00 AM</b>							<b>Cycling</b> ( <i>Jerry</i> )
<b>9:00 AM</b>		<b>SS Cardio*</b> ( <i>Sue</i> ) Gym B	<b>SS Boom Move*</b> ( <i>Melanie</i> ) Aux Gym	<b>SS Cardio*</b> ( <i>Sue</i> ) Gym B	<b>SS Cardio*</b> ( <i>Sue</i> ) Gym B	<b>SS Cardio*</b> ( <i>Gina</i> ) Gym B	<b>Yoga</b> ( <i>Christine</i> ) Multipurpose B <b>Zumba</b> ( <i>Andie</i> ) Group Ex B
<b>10:00 AM</b>	<b>Cycling</b> ( <i>Kristin</i> )		<b>SS EnerChi*</b> ( <i>Christine</i> ) Group Ex B		<b>SS Yoga*</b> ( <i>Christine</i> ) Group Ex B		
<b>10:15 AM</b>		<b>SS Classic*</b> ( <i>Erin</i> ) Aux Gym		<b>SS Classic*</b> ( <i>Erin</i> ) Aux Gym		<b>SS Classic*</b> ( <i>Gina</i> ) Aux Gym	
<b>10:30 AM</b>							Pool Closed for Cleaning Tuesday Circuit is back in Sept Closed Labor Day
<b>11:00 AM</b>	<b>Step It Up</b> ( <i>Cheryl</i> ) Group Ex A						To purchase your pass or to guarantee a spot for a class, go to <a href="http://www.bhrec.org/register">www.bhrec.org/register</a> and log in. Please stop and check in at the front desk before heading to class. You will receive a numbered tag to claim your spot in class. SS members may scan in and go straight to class.
<b>6:00 PM</b>			<b>Cycling</b> ( <i>Kristin</i> ) <b>Yoga</b> ( <i>Christine</i> ) Multipurpose B		<b>Yoga</b> ( <i>Christine</i> ) Multipurpose B		
<b>6:30 PM</b>					<b>Muscle Up</b> ( <i>Cheryl</i> ) Group Ex B		
<b>7:00 PM</b>		<b>Cardio &amp; Core</b> ( <i>Cheryl</i> ) Group Ex A					

For our most up to date schedule visit [www.bhrec.org](http://www.bhrec.org) > Adult Fitness > Group Exercise Classes

**Single Class Drop In:** \$10 at the desk or you can pre-buy a Day pass online to streamline your check in!

**Group Exercise 15 Classes:** Senior: \$75 Member: \$90 Resident: \$120 Non-Resident: \$135

**1 Month Unlimited Pass\*\*:** Senior: \$33 Member: \$40 Resident: \$46 Non-Resident: \$54

**\*SilverSneakers Classes are FREE to SilverSneakers & Renew Active Members. You may also use your group ex pass if not a member.**

**Cardio & Core:** Torch the calories during this 60 minute class while recruiting muscle to boost the metabolism! A variety of cardio, core and power to start your week off.

**Cardio Pump:** Bring your own weights and mat and get ready to sweat! A high intensity calorie buster that encompasses cardio followed by weight training and core development for a full body workout. Through the incorporation of weights and upbeat music, this class will leave you breathless in the best way possible.

**Class will be held outside at the Amphitheater.** In case of rain, we will be in Group Ex B.

**Cycling:** Our group cycling classes are high energy and low impact cardiovascular workouts that will torch calories and leave you feeling both invigorated and exhausted. Our class accommodates all levels of exercisers from beginners to athletes. Most classes are 45-55 minutes. Rider must be at least 4'11" tall to ride. What to Bring: a water bottle, a towel for you, and a heart rate monitor (optional).

**Muscle Up:** Get leaner, get stronger, get healthier as you ignite your metabolism and incinerate fat for 60 minutes. You'll start with a dynamic warm up and move on to total body strength training to sculpt every muscle group to maximize results.

**Step It Up:** This Step program that's nothing like old-school step aerobics. Elevate your calorie burn for 60 minutes with easy to learn step moves that improve leg strength and tone.

**Yoga:** Perfect for anyone new to yoga, for any yogi looking to refine their alignment, and also for a therapeutic and slower approach to practice. This level provides a solid foundation of the basics of yoga. You will learn how to align the body from the ground up. Classes build week by week, offering students a unique way to grow in their practice. This class offers the perfect foundation to stay safe and confident for a lifetime of practice! No flexibility needed!

**Zumba:** This Latin-inspired dance fitness class is a combination of high and low intensity routines in a dance party atmosphere! You will tone your body and burn fat through the intervals of high and low moves. Every week the music and moves are a fresh mix of Latin and pop beats and rhythms. All fitness levels are welcome, no dance experience necessary! You will leave energized and feeling great after every class!

**To receive SilverSneakers class cancellation info, text SSCLASSES to 84483**

**SilverSneakers Classic\*** – Have fun and move to the music through a variety of exercises designed to increase muscular strength and range of movement. Hand weights, and balls are provided along with chair

for support. \*Class offered FREE to all members of Broadview Hts Parks & Rec. Class is 1 hour.

**Senior Cardio** – Get up and Go with an aerobics class for you – safe, heart healthy, and gentle on the joints. The workout includes easy following, low-impact movement, upper-body strength, abdominal conditioning, stretching and relaxing exercises. A chair is available for support and easy head to toe stretching. Class is 45 minutes.

**SilverSneakers BOOM Move** – A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.

**SilverSneakers EnerChi** - Perform modified tai chi forms in a slow, flowing sequence to help with balance and focus. A chair can be used for support while standing. (Class will be back on Tues in June)

**Senior Yoga** – This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Class is 45 minutes.

**Silver Sneakers Splash:** Offers lots of fun and shallow water moves to improve flexibility and cardio endurance. No swimming ability is required, and a special kickboard is used to develop strength, balance and coordination. Class is held in the pool for 45 minutes.

**Water Sculpt:** A combination of shallow and deep-water exercises to tighten, tone and increase flexibility and balance. Build core strength and cardiovascular health using the water's resistance. Class is 45 minutes.

**Shallow Water Aerobics:** Utilize different exercises and routines coupled with mild aerobics, all at the pace and comfort level of each individual. Water exercise improves, flexibility, strengthens muscles and improves balance and coordination. Class is 45 minutes.

**Deep Water Aerobics:** Participants will enjoy burning calories with cardio and strengthening muscles without impact on the body. With deep water you will have a greater range of motion with fewer limitations. Participants will use a flotation belt and other equipment may be used during class. Class is 45 minutes.