


**CYCLING STUDIO SCHEDULE**

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				9:15-10:15a <b>Spin Boot Camp</b> Steffi	9:15-10:15a <b>Cycling</b> Steffi	
<b>Indoor Rowing Classes</b>						
		9:15-10:15 Suzy		9:15-10:15 Suzy		
<b>Functional Training Area Classes</b>						
			4:30-5:30pm <b>Circuit Boot Camp</b> 10:30-11:30 Steffi			

**AEROBICS STUDIO SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15-7:00 <b>HIT</b> (\$ Paid Class) Ani				6:15-7:00 <b>HIT</b> (\$ Paid Class) Ani		
8 -9am <b>Vinyasa Yoga</b> Kim	8 – 9:00am <b>Body Bliss</b> Grace (Sneakers required)	8-9:00am <b>Essentrics</b> Aging backwards Rosalie	8- 9:00 am <b>Vinyasa Yoga</b> Kim	8-9:00am <b>Stretch and Core</b> Ani		
9:15 – 10:15am <b>Circuit Boot Camp</b> Gloria		9:15 – 10:15am <b>Resistance Training</b> Holly		9:15 – 10:15am <b>TBC-Light</b> Jeanette	9:15 – 10:15am <b>TBC-Light</b> Jeanette	9:15 – 10:15am <b>TBC</b> Holly
10:30-11:30 <b>Mat Pilates Plus</b> Osvaldo	10:30 – 11:30 <b>Boot Camp</b> Suzy/Gloria	10:45 – 11:45 <b>Power Yoga</b> Kim	10:30 – 11:30 <b>Mat Pilates</b> Osvaldo	10:30-11:30am <b>Matt Pilates</b> Connie		10:30-11:30 am <b>Vinyasa Yoga</b> Connie
11:45 -12:45pm <b>SilverSneakers® Classic</b> Osvaldo	12:00 – 1:00pm <b>Tai Chi</b> Nancy H.	12:00 -1:00pm <b>SilverSneakers® Cardio</b> Osvaldo	12:00 – 1:00pm <b>Tai Chi</b> Nancy H.	12:00 -1:00pm <b>SilverSneakers® Tone</b> Osvaldo		
1:00 – 1:45pm <b>Better Balance</b> Luis	1:15 – 2:15 <b>SilverSneakers® Tone</b> Osvaldo	1:15 – 2:15pm <b>SilverSneakers® Chair Yoga</b> Osvaldo	1:15 – 2:00pm <b>Better Balance</b> Luis	1:15 – 2:15 <b>SilverSneakers® Chair Yoga</b> Osvaldo		
2:00-3:00 <b>Brain Fitness</b> Gloria	2:30-3:30 <b>Parkinson's Fitness</b> (\$ Paid Class) Luis		2:30-3:30 <b>Parkinson's Fitness</b> (\$ Paid Class) Luis			
3:15-4:15 <b>SilverSneakers® Classic</b> Osvaldo	4:30-5:30 <b>BARRE</b> (\$ Paid Class) Ani	4:30 – 5:30pm <b>Yoga for Health</b> Rita G	4:30-5:30 <b>BARRE</b> (\$ Paid Class) Ani			
	5:45-6:45 <b>Boot Camp</b> Suzy					

 Visit our website at  
[my.clevelandclinic.org/florida](http://my.clevelandclinic.org/florida) for  
 all programs and services.

**MEMBERS**

Please clean equipment after use.

Please wear proper footwear In Fitness Center (no flip flops, Sandals, open heel, open toe, or Crocs, unless Dr. note is provided)

Please Arrive on time for Classes and be respectful of other Members and Staff

## Group Exercise Class Descriptions

### Mind & Body

\*Persons with hypertension or cardiac history should speak to instructor regarding isometric exercises.

**Body Bliss:** Start the day off right feeling "fresh and fabulous" as you shape and tone your body, increase your awareness and gain more flexibility. (**Sneakers Required**)

**Tai Chi:** A series of slow, graceful, controlled body movements to improve balance, flexibility and core stability.

**Vinyasa Yoga:** Vinyasa yoga synchronizes movement with breath, linking the postures together into a dynamic practice. The breath is used as a constant point of reference for returning to and resting in the present moment.

**ESSENTRICS® Aging Backwards:** This is an age reversing workout that will restore movement in your joints, flexibility in your muscles, relieve pain, and stimulate your cells to increase energy, vibrancy, and your immune system. A slow-paced, full body workout created by the author of Forever Painless and the New York Times bestseller, Aging Backwards. (**Mat and Towel Required**)

### Cardio & Strength

**Cycling:** Check out our studio with Schwinn Spin Bikes which include computers that show you Watts, RPM's and Distance! Feel the road during this heart pumping class suitable for all ages and fitness levels because you can adjust your resistance.

**Cycle Boot Camp:** Get ready to burn fat and tone your whole body by alternating cycling with off the bike resistance training.

**HIIT:** Each class will focus on the workout of the day including strength and endurance exercises that will keep your heart pumping.

**Resistance Training:** Sculpt your body as you rotate from weights to low impact aerobics.

**Rowing Fusion:** 8 people max – sign up in advance at the front desk. 45 – 60 min. of heart pounding rowing intervals mixed with functional movements on and off the Kinesis machine. Suitable for all ages and fitness levels.

**Total Body Conditioning (TBC):** Be ready to mix it up as you will be incorporating free weights, weighted bars, bands and step aerobics with an emphasis on cross-training techniques. Classes are taught in an interval format.

**Ultimate Step:** Feel challenged as you move up and down on the step trainer through choreographed movement patterns focused on lower body strength and calorie burn.

**Zumba:** This fusion of Latin and international music along with dance themes creates a dynamic, exciting and effective workout sure to get your heart pumping.

**Zumba Gold:** a modified Zumba class for active older adults that recreates the original moves you love at a lower-intensity.

**Zumba with Toning:** The challenge of adding light weight resistance and additional fitness moves, helps you focus on specific muscle groups, so you (and your muscles) stay engaged!

### Balance & Core

**Stretch & Core:** A perfect therapeutic non-impact workout designed to increase range of motion and improve flexibility as well as teach relaxation.

**Pilates:** You will learn the concepts of core strength alignment, breath, and control as well as all of the mat exercises. No prior knowledge of Pilates is required.

**Pilates + :** Pilates plus blends the traditional Pilates mat work which focuses on core strength with functional exercises.

**Better Balance:** Learn balance and fall prevention techniques, improve confidence and independence, improve muscular and core strength.

### SilverSneakers®

**Cardio:** Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

**Circuit:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises.

**Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**Yoga:** Silver Sneakers Yoga 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 seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

### Paid Fitness Classes

**Punch Out Parkinson's (\$):** This class incorporates boxing with other exercises to improve strength, balance, mobility and quality of life for people with Parkinson's disease. *Cost: Members \$9/single – Non-members: \$11/single*

**HIT Circuit Breakers (\$):** *Small Group personal Training Class lead by our Certified Personal Trainers. This Class incorporates High Intensity 6 Participants MAX per Class; See front desk for pricing.*

**BARRE (\$):** A full body workout, with emphasis on the legs, core, and hips. This class helps to improve coordination, mind-muscle connection, and flexibility by teaching movements and exercises based on classical ballet.

### **Health & Fitness Center Hours**

Mon – Friday 5:30 am – 7:30 pm

Sat 7:00 am – 3:00 pm

Sun 8:00 am – 3:00 pm