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*Due to high demand, please call ahead to reserve your spot. Please see reverse side for details.

Revised 1.26.20
Class Descriptions

**After-work**
This 45-minute class will challenge participants with a variety of resistance training and cardiovascular exercises in circuit formats designed to optimize performance. Resistance tools might include dumbbells, BOSU trainers, and participants’ own body weight. Resistance training is staggered with intervals of cardio to enhance muscular strength and post-workout calorie burn. Come prepared to sweat!

**All Levels Yoga**
Designed for all levels, this slow flow class develops strength, endurance, flexibility, mental focus and breath awareness. Modifications for each pose are given allowing the student to make the class as gentle or challenging as needed.

**Balance, Strength and Flexibility**
A practical exercise class designed for active seniors and beginners that focuses on strength, flexibility and balance. This class uses a variety of equipment including balancePBs, light weights, Pilates balls and mats.

**Baptiste Power Yoga**
This class will tone, strengthen, and rinse your body and clear your mind. The dynamic mix of sweat and spirit that is cultivated in a Power Yoga class will challenge you to step up to your edge. Each class is built on the Journey into Power sequence, a series of postures that flow from one to the next, with options to modify or intensify poses.

**Basic Yoga**
This class is designed for students new to yoga. The focus is on building a framework for your yoga practice that includes breathing exercises and strong, safe poses with proper alignment. Classes build power in your legs and core, beginning with standing poses. Learn to open up areas of tightness in hips and shoulders and get moving with basic Sun Salutations sequences.

**Core Crunch**
This 30-minute class focuses on the abs, back, and more to enhance core strength.

**Cycle Challenge**
An indoor cycling class that consists of cardio challenges, varying resistance levels, climbs, sprints, and more. This class uses modifications for both the less experienced and the advanced riders. Moderate to high fitness levels are encouraged to attend. Please call ahead to reserve your spot.

**DrumFIT**
DrumFIT is the high-energy cardio drumming workout made fun for everyone! Come beat away your stress while burning up the calories! Fitness has never been so much FUN!

**Functional Fitness**
Join us for a low impact class designed for anyone interested in keeping their body strong! This class combines strength training, aerobic conditioning and stretching that will assist you in improving the quality of your life. Designed especially for low to moderate fitness levels. Senior and beginners are strongly encouraged to attend!

**Gentle Yoga**
Learn the basics of yoga at a slower pace. Focus is on basic postures, yogic breathing and proper alignment. Designed for students who are new to yoga as well as more experienced students who want a gentler class.

**HIIT Cycle with Core**
This 30-minute cycling class includes high-intensity intervals to elevate heart rates to maximum effort. This class is for moderate to advanced fitness levels. (HIIT Cycle with Core adds 15 minutes of core workout) Please call ahead to reserve your spot.

**Intermediate Yoga**
This class is designed for students with some yoga experience. Ashtanga Sun Salutation Series A & B are practiced with faster, creative sequencing and peak poses. With a strong core and legs, we’ll build upper body strength through chaturanga dandasana, arm balances, and some inversions. We’ll also explore advanced breathing exercises. You’ll sweat and have fun!

**Kettlebell Workout**
The kettlebell is a weight resembling a cannonball with a handle used to perform ballistic exercises combining cardiovascular, strength and flexibility training. Training with kettlebells allows you to target all main muscle groups. This class is for those at a moderate to advanced fitness level.

**Lunch Crunch/ The Morning Grind**
This 45-minute full-body workout blends a variety of strength training styles with body weight cardio moves. This circuit training experience will challenge your overall strength while maximizing your heart rate. This class is intended for moderate to high fitness levels. Modifications will be provided.

**Mat Pilates**
A non-impact workout, working primarily from the floor, that focuses on skills and techniques designed to improve posture and alignment, strengthen back and abdominal muscles and provide overall core conditioning. Pilates produces long, lean muscles and can help re-train your body to move in more efficient patterns of motion. All fitness levels are welcome.

**Power Hour**
This is your hour of POWER! This class offers a full body workout that also includes the most important muscle, your heart. Come get your heart pumping and muscles moving with a mixture of aerobic exercises, plyometrics, and weight training all in one. This class is suitable for all fitness levels.

**Power Pump**
A strength format targeting all the major muscle groups through a variety of exercises designed to strengthen your body, using an assortment of equipment including dumbbells, tubes, stability balls, bosu, etc. All fitness levels welcome.

**Qi Gong & Taiji**
Qi gong, practiced throughout the world, is used for self-healing, meditation, relaxation, and exercise. Taiji, sometimes called meditation in motion, is a form of qigong. Both are used for health and martial arts training. All fitness levels welcome.

**Raising the Barre**
Not your ordinary ballet class. Offered to all fitness levels looking to strengthen and tone major muscle groups (thighs, glutes, abs/core) with functional exercises. This workout will compliment your other workouts helping build strength and flexibility to provide a well rounded fitness regimen.

**Restorative Yoga**
Join us for a class of gentle stretching along with restorative yoga poses. Complete the class with a guided progressive relaxation while reclining in a restorative yoga pose. This is an excellent class for finishing a busy, stressful week. Benefits include released muscular, emotional, and mental tension; reduced stress; enhanced memory and learning capacity; and all awareness levels.

**Steps**
This class uses an elevated platform (the Step), which enables a more vigorous workout than can be achieved in a basic aerobics class. The intensity of the workout can be tailored to individual abilities by inserting or removing risers to increase or decrease the height of the Step. This class includes challenging choreography that will take your Step workout to the next level! All fitness levels welcome.

**Strong & Stable**
This class is designed to improve movement patterns and reduce the risk of injury. Exercises will focus on balance, strength, and total body mobility and flexibility. All fitness levels are welcome.

**Tabata**
Want to see a change in your body? This 45 min. interval training class, which includes 20 second intervals of intense all-out exercise followed by 10 seconds of rest, will do the trick. Originally designed for Olympic speed skaters, this class will speed up your metabolism, sculpt your muscles and increase your stamina, making you feel and look like a million bucks.

**Tai Chi**
Tai Chi is an "internal" martial art in which strength and balance are developed from the core outward. Practiced for its many health benefits, the slow movements, coordinated with proper breathing, can benefit everyone from the exercise novice to the professional athlete.

**Total Body Toning**
This class works all the major muscle groups, including arms, back, chest, legs, shoulders, abdominals and buttocks. Expect a full strength workout in this hour-long class. Please allow 48 hours of rest prior to taking another TBT class or completing another strength workout. All fitness levels are welcome.

**Ultimate Bootcamp**
Take your total body workout to the next level! This class combines compound strength exercises with various moderate to high intensity interval training techniques. It is designed to improve both cardiovascular and muscular endurance as well as overall strength. This class is intended for moderate to high fitness levels.

**Weight Loss Workout**
This class incorporates compound strength movements and cardiovascular movements to build lean muscle mass and burn fat. The class is designed for individuals looking to lose weight and is appropriate for all fitness levels.

**ZUMBA!**
ZUMBA! combines Latin dance themes with aerobic intervals and body sculpting movements to create a dynamic, exciting, and effective workout! All fitness and ability levels are welcome.

**Cycle Class Sign Up Policy**
One reservation per phone call will be accepted with the exception of members of the same household. To register, call the front desk at 330.342.4400.
If the class begins before noon, call the night before after 6:30pm. If the class begins at noon or after, call the day of the class after 6:30am.
Sign up for Sunday classes beginning at 4:00pm Saturday; sign up for Monday morning classes beginning at 4:00pm Sunday.

**Class Cancellation Policy**
Classes with less than six participants may be subject to cancellation. Summa Health Wellness Center reserves the right to adjust the schedule, class formats, and instructors when necessary, based on attendance, or otherwise. Class size is determined by format. Participants should arrive on time and class participation may be subject to close at the discretion of the instructor to ensure a safe warm up. The group exercise schedule is subject to change. Abbreviated schedules of classes may be offered during holidays and the summer.
Aquatic Exercise Schedule
Effective 1.5.20

Monday
8:30am-9:15am
Aqua for Arthritis
Paula
Therapy Pool

9:30am-10:15am
Aqua Yoga
Paula
Therapy Pool

10:30am-11:15am
Water Workout
Paula
Lap Pool | Shallow Lanes

Tuesday
8:30am-9:15am
Aqua for Arthritis
Lesley/Paula
Therapy Pool

9:45am-10:30am
Water Circuit
Paula
Lap Pool | Shallow Lanes

10:30am-11:15am
Aqua Yoga
Anne S.
Therapy Pool

Wednesday
8:30am-9:15am
Aqua for Arthritis
Lesley/Paula
Therapy Pool

9:00am-9:45am
Water Circuit
Paula
Therapy Pool

10:00am-10:45am
Aqua for Arthritis
Lesley/Paula
Therapy Pool

11:00am-11:45am
Water Workout
Lesley/Paula
Lap Pool | Deep Lanes

Thursday
8:30am-9:15am
Aqua for Arthritis
Lesley
Therapy Pool

9:45am-10:30am
Water Circuit
Paula
Therapy Pool

10:30am-11:15am
Aqua Yoga
Lesley/Paula
Therapy Pool

10:00am-11:45am
H.I.T. H2O
Anne S.
Therapy Pool

Friday
9:00am-9:45am
Aqua for Arthritis
Paula
Therapy Pool

9:45am-10:30am
Water Circuit
Paula
Lap Pool | Shallow Lanes

10:00am-10:45am
Aqua Yoga
Paula
Therapy Pool

10:30am-11:15am
H.I.T. H2O
Paula/Jacob
Therapy Pool

11:00am-11:45am
Water Workout
Lesley
Lap Pool | Shallow Lanes

Saturday
9:30am-10:15am
Aqua Yoga
Paula
Therapy Pool

10:30am-11:15am
H.I.T. H2O
Paula/Jacob
Lap Pool | Shallow Lanes

10:00am-11:15am
Aqua Yoga
Anne S.
Therapy Pool

Sunday
8:30am-9:15am
Aqua Yoga
Anne S.
Therapy Pool

6:00pm-6:45pm
H.I.T. H2O
Jacob
Lap Pool | Shallow Lanes

4:00pm-8:00pm
Liquid Lifestyles
Swim Lessons
Lap Pool | One Lane Only

*To learn more about Liquid Lifestyles, pick up a handout in the Communication Center or visit liquidlifestyles.com.
# Class Descriptions

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<thead>
<tr>
<th>Class Description</th>
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<tbody>
<tr>
<td>Aqua Core</td>
<td>This class focuses on all of the muscles that make up the core. Exercises will blend Pilates-inspired moves with traditional abdominal and back strengthening exercises. Appropriate for all ability levels.</td>
</tr>
<tr>
<td>Aqua Yoga</td>
<td>In this class you will perform flowing and graceful movements of yoga and stretching while in the water. Connect the mind and body in an aquatic environment. Appropriate for those with special considerations. All fitness levels welcome.</td>
</tr>
<tr>
<td>Aqua for Arthritis</td>
<td>Alleviate arthritic symptoms, reduce pain and stiffness, increase flexibility and muscle strength, and improve fitness and endurance with exercises in warm water.</td>
</tr>
<tr>
<td>H.I.T. H2O</td>
<td>High intensity training in the water! Join us for this water cross-training class, and challenge your muscles and cardiovascular system in a new way. Appropriate for moderate to high fitness levels and the individual who needs a new challenge in the water.</td>
</tr>
<tr>
<td>Water Circuit</td>
<td>This class consists of a total body workout combined with high and low intensity exercises. Exercises take place in the shallow and deep water. No swimming skills are necessary. All fitness levels welcome.</td>
</tr>
<tr>
<td>Water Workout</td>
<td>This class is designed to increase your endurance, strength, and flexibility with all of the benefits of exercising in the water, which decreases the impact on the joints. All fitness levels welcome.</td>
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## Lap Pool Availability

A minimum of two lanes will be available for lap swimming during scheduled classes. The number of lanes occupied for the class varies between one and three and is at the discretion of the instructor. Members are permitted to use the lap pool during scheduled classes if space is available.

Lap pool lanes may also be used for private swim lessons provided by Liquid Lifestyles. Pick up an info sheet in the Communication Center to learn more.

## Class Cancellation Policy

Classes with less than six participants may be subject to cancellation. Summa Health Wellness Centers reserves the right to adjust the schedule, class formats, and instructors when necessary based on attendance or otherwise. Class size is determined by format. Participants should arrive on time and class participation may be subject to close at the discretion of the instructor to ensure a safe warm up. The group exercise schedule is subject to change. Abbreviated schedules of classes may be offered during holidays and the summer.