

# FITNESS GUIDE

*July*



*August*



*September*

Fitness Guide lists all the fitness classes for the months of July, August, and September  
Fitness Guide will help you find the perfect class for you and your busy schedule!



7370 Groveport Road  
Groveport, Ohio 43125  
(614) 836-1000  
[www.groveportrec.com](http://www.groveportrec.com)



**Fitness Freedom Pass**  
The Fitness Freedom Pass is a pass that allows you to take participating classes at a reduced rate. Simply purchase the package that best suits you and start enjoying!

5 Classes \$20 Resident/Member \$25 Non-Resident  
10 Classes \$40 Resident/Member \$50 Non-Resident  
20 Classes \$80 Resident/Member \$100 Non-Resident

Look for **“Use your Fitness Freedom Pass”** for participating classes!

## **New!** Trim Tummies

Want flatter abs in 30 days? Trim Tummies is for you! Workout for 1/2 hour with me on Mondays and workout once on your own to begin the strengthening process. Twice a week is all you need to firmer abs. Lets do it!

**Days:** Monday  
**Times:** 9:30-10:00 am  
**Fee:** **Drop-In**  
\$5 Residents  
\$6 Non-Residents

**Use your Fitness Freedom Pass!**

**Ages:** 13 and over  
**Registration:** Drop in anytime!  
**Class Dates:** **July 6– July 27** (updated 7/21/09)  
**Instructor:** Sara Denune

## Strength and Tone

This one hour class concentrates on body conditioning and muscle tone. Stretching, weights and mat work set to music are incorporated into a routine that will concentrate on various muscle groups. This class is designed for all levels of fitness. Work at your own pace. Please wear comfortable clothing and supportive workout shoes (please carry in) and a bottle of water.

**Days:** Fridays  
**Times:** 10:00-11:10 am  
**Fee:** **Drop-In**  
\$5 Residents/Members  
\$6 Non-Residents

**Use your Fitness Freedom Pass!**

**Ages:** 13 and over  
**Registration:** Drop in anytime!  
**Class Dates:** July 3-September 25  
**\*No Class July 24, August 7\***

**Instructor:** Kathy Frank  
Kathy Frank is a Certified Group Fitness Instructor through *The American Council on Exercise (ACE)* as well as a Certified Instructor through the *Arthritis Foundation*

## S.W.A.T.

Sara's Weight And Tone offers both cardio and strength training. It is designed for you to lose weight and inches. Accountability is key and that is what it is all about. Each month the class focuses on a new topic to meet individuals goals. Discussions on eating habits are also highlighted.

**Days:** Wednesday and Saturdays  
**Times:** Wednesday– 6:00-7:00 pm  
Saturday– 8:30-9:30 am  
**Fee:** **Drop-In**  
\$5 Residents/Members  
\$6 Non-Residents

**Use your Fitness Freedom Pass!**

**Ages:** 13 and over  
**Registration:** Drop in anytime!  
**Class Dates:** July 1-September 30  
**\*No class July 4\***  
**Instructor:** Sara Denune

# Exercise in the Water!

## Water Aerobics AM

These classes are designed for all levels of fitness! You decide how intense the workout will be! Men and women of all ages are encouraged to participate. Half an hour of cardio, strengthening exercises, deep water conditioning, and finishing with stretches.

**\*Please bring a towel, bathing suit, water shoes, (to wear in the pool) and a water bottle.**

**ATTENTION:** The Indoor Pool will be closed for maintenance July 27 through August 9 and will re-open tentatively August 10, 2009

## Water Aerobics PM

Designed for all levels of fitness! You decide how intense the workout will be. All are welcome! An intense half hour of cardio, followed by equipment use. Deep water exercise to condition abdominals and legs. The class ends with stretches and relaxation.

**\*Please bring a towel, bathing suit, water shoes (to wear in the pool) and a water bottle.**

## Aqua Fit

If you prefer to workout in the water and get the same results as land aerobics, this workout is what you are looking for! Aqua Fit is designed for you to lose weight and inches without the impact on your joints. It is great for clients with knee, hip, and shoulder replacements. Your strength, stamina and flexibility will improve!

**Days:** Mondays and Wednesdays  
**Times:** 10:00-11:00 am  
**Fee:** **Drop-In**

\$5 Residents/Members  
\$6 Non-Residents

**Use your Fitness Freedom Pass!**

**Ages:** 13 and over  
**Registration:** Drop in anytime!  
**Class Dates:** July 1-September 30

**\*No Class September 7\***

**\*\*July 27, 29 August 3, 5 Strength and Tone is offered in place of Water Aerobics due to the closure of the indoor pool. \*\***

**Strength and Tone will meet in the Fitness Studio**

**Instructor:** Kathy Frank  
Kathy Frank is a Certified Group Fitness Instructor through *The American Council on Exercise (ACE)* as well as a Certified Instructor through the *Arthritis Foundation*

**Days:** Wednesdays  
**Times:** 6:00-7:00 pm  
**Fee:** **Drop-In**  
\$5 Residents/Members  
\$6 Non-Residents

**Use your Fitness Freedom Pass!**

**Ages:** 13 and over  
**Registration:** Drop in anytime!  
**Class Dates:** July 1-September 30

**\*No Class July 29, August 5\***

**Instructor:** Kathy Frank  
Kathy Frank is a Certified Group Fitness Instructor through *The American Council on Exercise (ACE)* as well as a Certified Instructor through the *Arthritis Foundation*

**Days:** Mondays, Tuesdays and Fridays  
**Times:** Mondays 6:00 pm-7:00 pm  
Tuesdays 8:30 am-9:30 am  
Fridays 8:30 am-9:30 am

**Fee:** **Drop-In**  
\$5 Residents/Members  
\$6 Non-Residents

**Use your Fitness Freedom Pass!**

**Ages:** 13 and over  
**Registration:** Drop in anytime!  
**Class Dates:** July 2-September 29

**\*No class August 7, September 7\***

**\*\*Class will be held in the outdoor pool (GAC) July 27, 28, 31 August 3, 4 due to the closure of the indoor pool\*\***

**Instructor:** Sara Denune

## Arthritis Aquatic Program

The Arthritis Foundation Aquatics program is a recreational program designed to accommodate the abilities of individuals with Arthritis and other related diseases. Individuals work at their own pace and are taught in a group setting to help improve muscular strength, endurance and flexibility. Participation may also help with pain management and help to relieve symptoms of Arthritis. The program is held in the indoor multi-purpose heated pool. The pool was designed to accommodate many water activities including; lap swimming, swim lessons, water aerobics, diving, general/leisure swimming and Arthritis water classes. Raising and lowering the water is costly and time consuming. The National Arthritis Foundation has developed water temperature standards for this class (minimum of 83F degrees) and the Village attempts to meet those standards. However, there may be times when the water temperature may fall below 83F degrees due to power outages, mechanical issues beyond the Village of Groveport's control. The National Arthritis Foundation recommends that participants "keep moving in the water throughout the class and if necessary, wear a hat, leotards, gloves or tee shirt to maintain body heat."

**Days:** Mondays and Wednesdays  
**Times:** 11:15 am-12:15 pm  
**Fee:** **Drop-In**  
 \$5 Residents/Members  
 \$6 Non-Residents

**Use your Fitness Freedom Pass!**

**Ages:** 13 and over  
**Registration:** Drop in anytime!  
**Class Dates:** July 1-September 30

**\*No class September 7\***

**\*\*July 27, 29 August 3, 5 Land Based Arthritis is offered in place of the Arthritis Aquatic Program due to the closure of the indoor pool. \*\***

**Land Based will meet in the Fitness Studio**

**Instructor:** Kathy Frank  
 Kathy Frank is a Certified Group Fitness Instructor through *The American Council on Exercise (ACE)* as well as a Certified Instructor through the *Arthritis Foundation*

## Power Yoga

In this fun, challenging class, you will move, sweat, and breathe like you never have before! The classes are always a little different with a creative and eclectic mix of traditional yoga poses linked together by breath. You will build stability, strength, and stamina as we introduce balance poses, inversions, and back bends. All levels welcome!

**Days:** Sundays  
**Times:** 12:00-1:00 pm  
**Fee:** **Drop-In**  
 \$5 Residents/Members  
 \$6 Non-Residents

**Use your Fitness Freedom Pass!**

**Ages:** 18 and over  
**Registration:** Drop in anytime!  
**Class Dates:** July 12-September 27  
**Instructor:** Adrienne Elkins

**\*No class July 19, August 23\***

## Beginner Yoga

Class instruction will include warm up and cool down, breath awareness, joint alignment, and various types of stretching. We provide the mats but you are welcome to bring your own if you choose. This is a beginner class.

**Days:** Saturdays  
**Times:** 11:30 am-12:30 pm  
**Fee:** **Drop-In**  
 \$7 Residents/Members  
 \$8 Non-Residents

**Ages:** 13 and over  
**Registration:** Drop in anytime!  
**Class Dates:** July 11-September 26  
**\*No Class Aug. 8, 22\***

**Instructor:** Amber Barnstable

## Yoga on Wednesdays

"A unique way to integrate body, mind, and spirit through opening to the wisdom of your body." We provide the mats, but you may bring your own if you choose. All levels are welcome!

**Days:** Wednesdays  
**Times:** 7:15-8:15 pm  
**Fee:** **Drop-In**  
 \$7 Resident/Members  
 \$8 Non-Residents

**Ages:** 16 and over  
**Class Dates:** July 1-September 30  
**Instructor:** Rich Hart

**New! Teen Yoga**

Teen Yoga is a fun atmosphere for our youngest yoga participants. Class instruction will include warm up and cool down, breath awareness, joint alignment, and various types of stretching. We provide the mats but you are welcome to bring your own if you choose. This is a beginner class.

**Days:** Tuesdays  
**Times:** 4:00-5:00 pm  
**Fee:** **Drop-In**  
 \$7 Residents/Members  
 \$8 Non-Residents  
**Ages:** 10-17  
**Registration:** Drop in anytime!  
**Class Dates:** Coming this Fall! (updated July 22)  
**Instructor:** Amber Barnstable

**Low-Impact Aerobics**

Designed for all levels of fitness! You decide how intense the workout will be. Men and women of all ages are encouraged to participate. Half hour cardio session set to music, followed by a strengthening session working with mats and weights (provided). The class will end with a cool down and stretching.

**\*Please wear appropriate clothing, supportive shoes, and bring a water bottle.**

**Days:** Mondays and Thursdays  
**Times:** 6:15-7:15 pm  
**Fee:** **Drop-In**  
 \$5 Residents/Members  
 \$6 Non-Residents

**Use your Fitness Freedom Pass!**

**Ages:** 13 and over  
**Registration:** Drop in anytime!  
**Class Dates:** July 2-September 28  
**\*No Class July 23, Sept. 7\***

**Instructor:** Kathy Frank

Kathy Frank is a Certified Group Fitness Instructor through *The American Council on Exercise (ACE)* as well as a Certified Instructor through the *Arthritis Foundation*

**Belly Dancing**

Laylia brings Belly Dancing to Groveport in a flurry of good times and exercise! In this beginner class, Laylia offers basic techniques and choreography. Experience 45 minutes of fun that will gracefully delight your senses and get you moving and shaking those holiday pounds free. Try a new form of exercise that you will truly enjoy!

**Days:** Thursdays  
**Times:** 7:30-8:30 pm  
**Fee:** **Pre-Registration**  
 \$20 Resident/Member  
 \$28 Non-Resident  
**Drop-In**  
 \$6 Resident/Member  
 \$8 Non-Resident  
**Ages:** 16 and over  
**Registration:** Register Today or Drop-In anytime!  
**Class Dates:** July 9-July 30  
 August 6-August 27  
 September 3-September 24

**Instructor:** Laylia

**New! Ultimate Conditioning**

Build Strength-Build Endurance-Build Confidence—**Now is the time!** Class will meet in the Groveport Recreation Center Lobby then venture outdoors. You will experience an intense workout while enjoying the warm outdoors. In situations of inclement weather, class will take place inside the GRC.

**\*Regardless of if you are pre-registered or a drop-in participant, please sign-in at the front desk.\***

**Times:** Sunday 11:00 am– 12:00 pm  
 Tuesdays 6:30-7:30 pm  
**Fee:** **Drop-In**  
 \$5 Residents/Members  
 \$6 Non-Residents

**Use your Fitness Freedom Pass**

**Pre-Registration**  
**\$25 Residents-Members/\$30 Non-Residents**

**Ages:** 13 and over  
**Registration:** May 29-October 4  
**Class Dates:** Sundays– May 31-July 12  
 July 19-August 23  
 August 30-October 4  
 Tuesdays-June 2-July 7  
 July 14-August 18  
 August 25-September 29

**\*No class July 5, 19, August 23, 25\***

**Instructor:** Adrienne Elkins

## Zumba

“Zumba is the type of exercise you will want to do everyday and feel good about doing it! It is an effective aerobic workout. Zumba is FUN, which will make you stick with the program until you get results!” This class is welcome to all fitness levels!

**Days:** Sundays  
**Times:** 1:00-2:00 pm  
**Fee:** **Drop-In**  
 \$6 Residents/Members  
 \$8 Non-Residents  
**Ages:** 13 and over  
**Registration:** Drop in anytime!  
**Class Dates:** July 5-September 27  
**\*No class September 6\***  
**Instructor:** Michelle Powles

## Arthritis Land Based Program

Developed for people with Arthritis, this program helps maintain fitness while reducing arthritis pain. The 50 minute class offers warm-up, endurance, cool-down, stretch, and relaxation. Created and approved by the Arthritis Foundation. **\*Please wear comfortable clothing, supportive shoes, and bring a water bottle.**

**Days:** Mondays and Thursdays  
**Times:** 5:00-5:50 pm  
**Fee:** **Drop-In**  
 \$5 Residents/Members  
 \$6 Non-Residents  
**Use your Fitness Freedom Pass!**  
**Ages:** 13 and over  
**Registration:** Drop in anytime!  
**Class Dates:** July 2-Sept. 28  
**\*No class July 23, Sept. 7\***  
**Instructor:** Kathy Frank  
 Kathy Frank is a Certified Group Fitness Instructor through *The American Council on Exercise (ACE)* as well as a Certified Instructor through the *Arthritis Foundation*

## Big Fitness


This class is designed for people who need to lose weight. Certified Fitness Instructor, Adrienne Elkins, will guide you through a rigorous fitness class. Participants will meet Monday and Wednesday mornings. Participants will be expected to workout 2-3 days during the week on their own with guidance from Adrienne. Let Adrienne help you fulfill your goal! **\*Registered participants will be required to get medical approval before taking part in the class.**

**Days:** Mondays and Wednesdays  
**Times:** 6:00-7:00 am  
**Fee:** **Pre-Registration Only**  
 \$50 R/NR  
**Ages:** 13 and over  
**Registration:** May 28-August 26  
**Class Dates:** June 1-June 24  
 July 6-July 29  
 August 3-August 26  
**\*No class August 19, 24\***  
**Instructor:** Adrienne Elkins

## PUMP

PUMP focuses mainly on strength conditioning and toning. Strength training will help you increase your metabolic rate, restore your bone density, improve your balance, flexibility, and more!

**Days:** Fridays  
**Times:** 6:00-7:00 am  
**Fee:** **Pre-Registration**  
 \$15 per month session  
**Drop-In**  
 \$5 Residents/Members  
 \$6 Non-Residents  
**Use your Fitness Freedom Pass**  
**Ages:** 13 and over  
**Registration:** March 2-September 25  
**Class Dates:** September 4-September 25  
**Instructor:** Adrienne Elkins



**“Those who think they have not time for bodily exercise will sooner or later have to find time for illness”~ Edward Stanley**



## I S.W.E.A.T. Group Personal Training

Succeed = Results  
 Weight Loss = Fat Loss  
 Exercising = Toning & Firming  
 Aerobics = Fat Burn  
 Training = Commitment  
 Experience the **S.W.E.A.T.** See the Results!  
 You can **S.W.E.A.T.**  
 Just Change

**Days:** Wednesdays and Thursdays  
**Times:** 5:00-5:30 pm  
**Fee:** Paid to Amy Keenan  
 \$8 Residents/Members  
 \$10 Non-Residents  
**Ages:** 18 and over  
**Registration:** Drop-In anytime  
**Class Dates:** June 3-June 24  
 July 1-July 30  
 August 5-August 27  
**Instructor:** Amy Keenan

## Tae Kwon Do

Whether you are experienced in Tae Kwon Do, or brand new, you are welcome in this class. We emphasize self defense, memory improvement, patience, self confidence, discipline, respect, physical, and mental conditioning through the Ji Do Kwan style of Tae Kwon Do.

**Days:** Tuesdays  
**Times:** 5:30 pm  
**Fee:** **Pre-Registration**  
 \$50 Residents/Members  
 \$60 Non-Residents  
**Please note that there will be a \$35 uniform fee paid to the instructor.**  
**Ages:** 5 and over  
**Class Dates:** June 16-July 28  
 August 4-September 15  
 September 22-November 3  
**Registration:** Register today!  
**Instructor:** Craig Burris

## Adult Swim Lessons

The Groveport Recreation Center offers adult swim lessons for all swimming abilities. Whether you want to learn to swim triathlons, be able to tread water in the deep end or just have some fun, our American Red Cross Water Safety Instructors will help you accomplish your goals! This is a four week class offered in eight, 35 minute sessions.

**Days:** Tuesdays and Thursdays  
**Times:** 5:55-6:30 pm  
**Fee:** Pre-Registration  
 \$40 Residents/Members  
 \$50 Non-Residents  
**Ages:** 16 and over  
**Registration:** TBD  
**Class Dates:** TBD  
**Please contact Chelsea McAlexander, Swim Lesson Coordinator, if you are interested in Adult Swim Lessons**

## Massage Therapy

Are you overworked and tired? Do your muscles ache? You should try Massage Therapy! The skillful manipulation of muscles assists the circulation of blood and lymph fluid. Massage acts as a mechanical cleanser which speeds up the elimination of waste and toxins.

**When:** Mondays 8:00 am-5:00 pm  
 Fridays 8:00 am- 5:00 pm

**Fee:** 30 Minutes for \$30  
 60 Minutes for \$55  
 (Payment is made directly to Ann)

**\*Massages are limited to GRC Members\***

**Massages given by licensed Massage Therapist, Ann Leighton-Schleppi**  
 By Appointment only: Please call Ann (614) 470-5969

## Boot Camp

Boot Camp emphasizes physical endurance and cardiovascular fitness. It is based on military-like training exercises, such as, push-ups, sit-ups and sprinting. Boot Camp is designed for fit individuals who are looking to take their overall fitness to the next level.

**Boot Camp is Fitness to the EXTREME!**  
Pre-Register anytime during the 6 week session and cost will be pro-rated.

**Days:** Saturdays  
**Times:** 10:00-11:00 am  
**Fee:** **Drop-In**  
\$5 Residents/Members  
\$6 Non-Residents  
**Pre-Registration**  
\$25 Residents/Members  
\$30 Non-Residents  
**Ages:** 16 and over  
**Registration:** June 1-October 31  
**Class Dates:** September 26-October 31  
**Instructor:** Joe Newland

# New Summer Student Membership!

A **High School Membership** may be purchased between June 1 and September 1. The membership can be for one, two, three or four months in length, depending on when you purchase your summer membership.

No High School Memberships will extend beyond September 30, 2009.

Electronic fund payments are not accepted.

<b><u>High School Student</u></b>	<b><u>Per Month</u></b>
<b>Groveport Resident</b>	<b>\$14.00</b>
(proof of residency required)	

<b>Non-Resident</b>	<b>\$21.00</b>
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### Summer Hours

<b>Sunday</b>	<b>8:00a.m.-5:00p.m.</b>
<b>Monday-Thursday</b>	<b>5:30a.m.-8:30p.m.</b>
<b>Friday</b>	<b>5:30a.m.-8:00p.m.</b>
<b>Saturday</b>	<b>8:00a.m.-7:00p.m.</b>



## Meet Fitness Attendant Tyler Alkire



Tyler Alkire is originally from Belpre, Ohio and is currently attending The Ohio State University working on a double degree in Communications and Sociology as well as studying for the A.C.E.(American Council on Exercise) exam to become a certified Personal Trainer. Tyler's goal is to become a Fitness Manager at a private or public recreation center (Watch out Stephania!) When Tyler finds some free time, he enjoys working out, playing softball, playing competitive basketball, watching movies, walking and taking care of his dogs Reggie and Trina as well as maintaining his home and landscaping. Some things you may not know about Tyler; he was in six musical plays while attending Belpre High School, he was a part of the State Fair Youth Choir and received a rating of "1" at the State Solo and Ensemble competitions, he has worked as a D.J. working numerous weddings and Dance Clubs. Tyler also aspires to play baseball at a professional level and has been invited to tryout for M.L.B this summer. Tyler is obviously talented in many different aspects. The GRC is proud to have such a well-rounded and successful employee. Make sure to stop by the fitness desk and say hello to Tyler!