



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!

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 6 week session and cost will be prorated.

Days: Saturdays
Times: 10:00-11:00 am
Fee: **Drop-In**

\$5 Residents
 \$6 Non-Residents

Use your Fitness Freedom Pass!

Pre-Registration

\$25 Residents/Members
 \$30 Non-Residents

Ages: 16 and over
Registration: March 1-May 16
Class Dates: April 11-May 16
Instructor: Joe Newland, CPFT

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: April 3-June 26
Instructor: Kathy Frank

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 pm
 Saturday- 8:30 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: April 1-June 27
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.**

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: April 1-June 29
Instructor: Kathy Frank

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.**

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: April 1-June 24
Instructor: Kathy Frank

Aqua Fit

If you prefer to work out 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, Tuesdays and Fridays
Times: Mondays 6:00 pm
Tuesdays 8:30 am
Fridays 8:30 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: April 3-June 30
Instructor: Sara Denune

Arthritis Aquatic Program

The Arthritis Aquatic Program allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water with guidance from a trained instructor, will help you gain strength and flexibility. Past participants have experienced a decrease in pain and stiffness.

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

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: April 1-June 29
Instructor: Kathy Frank

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: April 5-June 28 (No Class April 12)
 Instructor: Adrienne Elkins

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: Saturdays 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: April 4– June 30
 Instructor: Amber Barnstable
 Saturdays: Class will not meet 5/2, 5/16, 5/30 and 6/20

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: April 1– June 24
 Instructor: Rich Hart

Benefits of Yoga

- Lower Blood Pressure
- Improve Blood Circulation
- Increase cardiovascular endurance
- Strengthen your immune system
- Balance your metabolism
- Improve your posture
- Increase muscle tone and strength
- Boost your energy
- Improve core strength
- Reduce stress and tension
- Reduce anxiety
- Realize self acceptance
- Improve concentration and relaxation
- Lower Cholesterol
- Lower risk of injury
- Increased range of motion

Join us for the **FREE**

Healthy Ohio Fitness Walk

Wednesday May 20

12:00pm

Groveport Park

***In case of severe weather, the walk will take place inside the GRC**



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: Mondays 5:00-5:50 pm
 Thursdays 7:30-8:20 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: April 6-June 29
 Instructor: Kathy Frank

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. 1/2 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 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: April 6-June 29
 Instructor: Kathy Frank

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: April 2-April 23
 May 7-May 28
 June 4-June 25
 Instructor: Laylia

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: April 5-June 28
 Instructor: Michelle Powles

Indoor Cycling

Build endurance, strengthen your heart and burn calories while you are listening to great music and having fun! Classes are targeted to all fitness levels, are non-impact, and great for cross training.

Days: Sundays and Tuesdays
 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
 \$30 Residents/Members
 \$36 Non-Residents
 Ages: 13 and over
 Registration: March 2– May 17
 Class Dates: Sundays April 19-May 24
 Tuesdays April 14- May 19
 Instructor: Adrienne Elkins

Extreme Morning Fitness

This class is designed for those who want to change up their workouts with one common goal: Get Fit! Do you want a more intense, Fat Burning Workout? Class meets in West Gym A.

Days: Fridays
 Times: 9:15-10:00 am
 Fee: **Drop-In**
 \$5 Resident/Members
 \$6 Non-Residents
Use your Fitness Freedom Pass
 Ages: 14 and over
 Registration: March 2-May 8
 Class Dates: March 6-May 8
 Instructor: Casey O'Linn

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**
 \$75 R/NR
 Ages: 13 and over
 Class Dates: April 13-May 20
 Registration: March 2-May 20
 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-June 26
 Class Dates: April 3-April 24 (No class April 10)
 May 1-May 29
 June 5-June 26
 Instructor: Adrienne Elkins

Fitness with Amy Keenan

Personal Trainer, Amy Keenan will be offering two fitness classes per week, during the months of April, May, and June! Each month, the classes will evolve to meet the needs of all participants. Try a class and get hooked on **being healthy!**

Additional information will be provided monthly, as the classes update.

Contact Amy Keenan if you are interested in trying her classes!
(614)759-9022 Ext. 1
sweatfitness@sbcglobal.net

Flexibility and Balance

This 40 minute class is designed for those individuals who want to increase flexibility, joint mobility, core strength and stability.

Days: Tuesdays
Times: 9:00-9:40 am
Fee: **Pre-Registration**
\$25 Residents/Members
\$30 Non-Residents
Drop-In
\$5 Residents/Members
\$6 Non-Residents

Use your Fitness Freedom Pass!

Ages: 18 and over
Registration: March 2-April 14
Class Dates: March 10-April 14
Instructor: Casey O'Linn

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

Fitness For Everyone!

Youth Fun and Fit

This class will provide traditional, and sports related exercises, games, and some music to get your child moving towards a healthier lifestyle. Come dressed to move! Sneakers, non-restrictive clothing, and a water bottle are required.

Sign up at any time during the 8 week session and cost will be pro-rated!

Days: Tuesdays
 Times: 6:00-7:00 pm
 Fee: **Pre-Registration**
 \$40 Residents
 \$45 Non-Residents
Drop-In
 \$5 Residents
 \$7 Non-Residents
 Ages: 5-10 years
 Class Dates: March 3-April 21
 Registration: March 3-April 21
 Instructor: Casey O'Linn

Jump Bunch

Jump Bunch is a Sports and Fitness Program for ages 15 months - 8 years old. The class experiences a new activity every week. The classes are fun, active, and age appropriate. Help your kids develop a healthy attitude NOW! **Parent participation is required for the 15-36 month age group.**

Days: Saturdays
 Times: 10:00-10:30 am (15-36 months)
 10:30-11:15 am (3-5 years)
 11:15 am-12:00 pm (6-8 years)
 Fee: **Pre-Registration**
 \$28 Residents/Members
 \$35 Non-Residents
 Class Dates: April 4-May 2 (No class April 11)
 May 9-May 30
 June 6-June 27
 Registration: Register today for all sessions!
 Instructor: Jilaine Anderson

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: March 10-April 21
 April 28-June 9
 June 16-July 21
 Registration: Register today!
 Instructor: Craig Burris



Meet Personal Trainer Sara Denune

Sara Denune is a certified Personal Trainer and Fitness Instructor. You cannot miss Sara's upbeat personality and contagious laughter when exercising at the Groveport Recreation Center. Sara was born and raised in the Air Force where her Father was a C130 pilot. Sara worked for 28 years with the #1 Health Care Dist. Company and supervised a call center for the Midwest Region. She then decided to work with people to understand and teach fitness for life style changes. She finds her new career, "rewarding as she watches people have fun, eat healthy and better their overall health and fitness. I have been doing this for 18 years and love it!" When Sara is not at the gym, she enjoys biking, decorating, fashion, playing with her 3 grandkids, and cooking low-fat and healthy meals.