

# Fitness Guide | February 2020

DAY	TIME	CLASS	INSTRUCTOR
MONDAY	9:15 a.m.	Trim Tummies	Sara Denune
	10:00 a.m.	Water Aerobics	Kathy Frank
	10:00 a.m.	SilverSneakers® Classic	Sara Denune
	11:15 a.m.	SilverSneakers® Circuit	Lori Bias
	11:15 a.m.	Arthritis Aquatics Program	Kathy Frank
	12:15 p.m.	SilverSneakers® Strength & Cardio	Lori Bias
	5:00 p.m.	Arthritis Land Based Program	Kathy Frank
	6:00 p.m.	Water Aerobics	Bonnie Coleman
	6:15 p.m.	Zumba®	Kathy Frank
TUESDAY	8:45 a.m.	SilverSneakers® Dance	Bonnie Coleman
	9:30 a.m.	Total Body Water Workout	Sara Denune
	9:45 a.m.	Foam Rolling Class— <b>2/18 ONLY</b>	Lori Bias
	11:00 a.m.	SilverSneakers® Circuit	Sara Denune
	12:00 p.m.	SilverSneakers® Boom Mind	Sara Denune
	5:30 p.m.	Pilates	Ann Neu
	6:45 p.m.	Cardio Kickboxing	Ann Neu
WEDNESDAY	9:15 a.m.	Cycling with Sara	Sara Denune
	10:00 a.m.	Water Aerobics	Kathy Frank
	10:00 a.m.	TRX Total Body	Jordan James
	10:15 a.m.	SilverSneakers® Yoga	Sara Denune
	11:15 a.m.	Arthritis Aquatics Program	Kathy Frank
	11:15 a.m.	SilverSneakers® Circuit	Lori Bias
	12:15 p.m.	SilverSneakers® Strength & Cardio	Lori Bias
	5:45 p.m.	TRX	Ann Neu
	6:00 p.m.	Hatha Yoga	Ronni Williams
6:15 p.m.	Aqua Zumba®	Kathy Frank	
THURSDAY	9:00 a.m.	Stretch to Fitness	Kathy Frank
	9:15 a.m.	H2O Kickboxing/Step	Sara Denune
	10:30 a.m.	SilverSneakers® Classic	Kathy Frank
	11:30 a.m.	Beginner Tai Chi	Mark Henry
	12:30 p.m.	Yang 24 Tai Chi	Mark Henry
	5:00 p.m.	Arthritis Land Based Program	Kathy Frank
	6:00 p.m.	Hatha Yoga	Ronni Williams
	6:15 p.m.	Zumba®/Strength & Tone	Kathy Frank
FRIDAY	8:30 a.m.	SilverSneakers® Yoga	Sara Denune
	8:45 a.m.	Tai Chi for Arthritis & Fall Prevention	Mark Henry
	9:30 a.m.	S.W.A.T.	Sara Denune
	10:45 a.m.	SilverSneakers® Dance	Bonnie Coleman
	11:30 a.m.	SilverSneakers® Cardio Strength	Bonnie Coleman
	5:30 p.m.	Pilates	Ann Neu
SATURDAY	9:00 a.m.	Pilates Cardio Fusion	Jordan James
	12:00 p.m.	Tae Kwon Ki Do/Karate Ki Do (Pre-Register)	Rich Evans

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## FITNESS FREEDOM PASS

The Fitness Freedom Pass is a pass that allows you to take participating classes at a reduced rate. Save time & money!

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



Use your FITNESS FREEDOM PASS for participating classes!

## THE ZUMBA® FREEDOM PASS

Similar to the Fitness Freedom Pass—the Zumba® Freedom Pass allows you to take all “Zumba® classes” at a reduced rate.

<b>5 Classes</b>	\$25 Resident/Member	\$30 Non-Resident
<b>10 Classes</b>	\$50 Resident/Member	\$60 Non-Resident
<b>20 Classes</b>	\$100 Resident/Member	\$120 Non-Resident



Use your ZUMBA FREEDOM PASS for participating classes!

## TAI CHI FREEDOM PASS

The Tai Chi Freedom Pass allows you to take Tai Chi classes at your convenience for a

<b>5 Classes</b>	\$35 Resident/Member	\$40 Non-Resident
<b>10 Classes</b>	\$70 Resident/Member	\$80 Non-Resident
<b>20 Classes</b>	\$140 Resident/Member	\$160 Non-Resident


Use your TAI CHI FREEDOM PASS for participating classes!



Questions? Contact:  
Amy Van Huffel, Sports and Fitness Manager  
614-836-1000 ext. 1505  
avanhuffel@groveport.org

## FOAM ROLLING CLASS

Join in this stretching & rolling class to relieve some of your holiday stress! Instructor Lori Bias will lead you through using the foam roller and performing various stretches to help your body loosen and relax, as well as help your mind de-stress.

**FEE:**  **DROP-IN**  
\$5 Residents/Members  
\$6 Non-Residents  
Use Your Fitness Freedom Pass

**AGES:** 13 and over


**DATE:** **Tuesday, 2/18**

**TIME:** **9:45 AM—10:30 AM**

**INSTRUCTOR:** Lori Bias

## PILATES CARDIO FUSION

Pilates + light to medium weights + cardio movements = a fantastic workout on Saturday mornings! This program is all about strengthening, lengthening, toning, and having a blast while burning calories! All fitness levels are more than welcome to come!

**FEE:**  **DROP-IN**  
\$5 Residents/Members  
\$6 Non-Residents  
Use Your Fitness Freedom Pass


**AGES:** 13 and over

**CLASS LENGTH:** 45-minutes

**INSTRUCTOR:** Jordan James

## HATHA YOGA

This class is a flow yoga which incorporates energetic movement through a series of seamless postures by which the participant experiences a sense of fluid physical motion. It combines physical exercise, mental meditation, and breathing technique to strengthen the core, move muscles and joints through their complete range, and relieve physical and mental stress. Soft lighting, ambient music, and essential oils are used to enhance the experience and create a safe, calming space.

**FEE:**  **DROP-IN**  
\$5 Residents/Members  
\$6 Non-Residents  
Use Your Fitness Freedom Pass

**AGES:** 13 and over


**CLASS LENGTH:** 1-hour

**INSTRUCTOR:** Ronni Williams

## TRX

TRX, which stands for Total Body Resistance Exercise, is a revolutionary workout method that uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core, and joint stability.

This is a fast, effective total-body workout!

**FEE:**  **DROP-IN**  
\$5 Residents/Members  
\$6 Non-Residents  
Use Your Fitness Freedom Pass

**AGES:** 13 and over

**CLASS LENGTH:** 45-minutes


**INSTRUCTOR:** Ann Neu

**CLASS LIMIT:** 14



## TRX TOTAL BODY

Each session incorporates TRX suspension training combined with bodyweight exercises to strengthen, tone and stretch in a fun and relaxed group setting. Beginning to intermediate fitness levels welcomed! (Please inform the instructor in advance if modifications are needed).

**FEE:**  **DROP-IN**  
\$5 Residents/Members  
\$6 Non-Residents  
Use Your Fitness Freedom Pass

**AGES:** 13 and over


**CLASS LENGTH:** 45-minutes

**INSTRUCTOR:** Jordan James

**CLASS LIMIT:** 14

## CARDIO KICKBOXING

A combination of punches and kicks with added cardio moves. Come for an all over workout, burn calories, and improve your flexibility and strength. This one-hour class is for beginner and advanced fitness athletes.

**FEE:**  DROP-IN  
\$5 Residents/Members  
\$6 Non-Resident  
Use Your Fitness Freedom Pass


**AGES:** 13 and over

**CLASS LENGTH:** 1-hour

**INSTRUCTOR:** Ann Neu

## PILATES

Pilates will help build flexibility, muscle strength, & endurance in the legs, abs, arms, hips, & back. It will help you to develop a strong core or stomach, & improve coordination & balance. Mats, exercise balls & light weights are used. Come and get your full body workout!

**FEE:**  DROP-IN  
\$5 Residents/Members  
\$6 Non-Residents  
Use Your Fitness Freedom Pass


**AGES:** 13 and over

**CLASS LENGTH:** 1-hour

**INSTRUCTOR:** Ann Neu

## CYCLING WITH SARA

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.

**FEE:**  DROP-IN  
\$5 Residents/Members  
\$6 Non-Resident  
Use Your Fitness Freedom Pass

**AGES:** 16 and over

**CLASS LENGTH:** 45-minutes

**INSTRUCTOR:** Sara Denune

**CLASS LIMIT:** 13 participants

## STRETCH TO FITNESS

This 1-hour class begins with muscle strengthening using weights, mats & small fitness balls. Followed with different techniques of stretch while on the floor, sitting & standing.

**FEE:**  DROP-IN  
\$5 Residents/Members  
\$6 Non-Resident  
Use Your Fitness Freedom Pass

**AGES:** 13 and over


**CLASS LENGTH:** 75-minutes

**INSTRUCTOR:** Kathy Frank

## S.W.A.T.

Sara's Weight And Tone (S.W.A.T.) offers both cardio & strength training. It's designed for you to lose weight & inches. Accountability is key & that's what it's all about.

Each class focuses on a new technique to meet individuals' goals.

**FEE:**  DROP-IN  
\$5 Residents/Members  
\$6 Non-Resident  
Use Your Fitness Freedom Pass


**AGES:** 13 and over

**CLASS LENGTH:** 1-hour

**INSTRUCTOR:** Sara Denune

## TRIM TUMMIES

Want flatter abs in 4 weeks? This workout is specifically designed to strengthen & tone the core.

**FEE:**  DROP-IN  
\$5 Residents/Members  
\$6 Non-Resident  
Use Your Fitness Freedom Pass


**AGES:** 13 and over

**CLASS LENGTH:** 30-minutes

**INSTRUCTOR:** Sara Denune

## TOTAL BODY WATER WORKOUT

This class will be a total body workout, including a warm-up, 20-minutes of cardio, strength, and core, and ending with a cool-down and stretch. Weight equipment and flotation devices will be used.

**FEE:**  DROP-IN  
\$5 Residents/Members; \$6 Non-Res.  
Use Your Fitness Freedom Pass


**AGES:** 13 and over

**CLASS LENGTH:** 45-minutes

**INSTRUCTOR:** Sara Denune

## H2O KICKBOXING / STEP

Want a Kickboxing Class AND a Step Class without the joint impact? Want great results? This class is for you!  
This class is for all levels & ages.

**FEE:**  DROP-IN  
\$5 Residents/Members; \$6 Non-Res.  
Use Your Fitness Freedom Pass


**AGES:** 13 and over

**CLASS LENGTH:** 45-minutes

**INSTRUCTOR:** Sara Denune

## WATER AEROBICS (with Kathy Frank)

These classes are designed for all levels of fitness! You decide how intense the workout will be! Men & women of all ages are encouraged to participate. Half an hour of cardio, strengthening exercises, deep water conditioning, & finishing with stretches. Please bring a towel, bathing suit, water shoes (to wear in the pool), & a water bottle.


**FEE:**  DROP-IN  
\$5 Residents/Members; \$6 Non-Res.  
Use Your Fitness Freedom Pass

**AGES:** 13 and over

**CLASS LENGTH:** 1-hour

## WATER AEROBICS (with Bonnie Coleman)

These classes are designed for all levels of fitness! You decide how intense the workout will be! Men & women of all ages are encouraged to participate. This class has cardio, strengthening exercises, deep water conditioning, & stretches. Please bring a towel, bathing suit, water shoes (to wear in the pool), & a water bottle.

**FEE:**  DROP-IN  
\$5 Residents/Members; \$6 Non-Res.  
Use Your Fitness Freedom Pass

**AGES:** 13 and over

**CLASS LENGTH:** 1-hour

**INSTRUCTOR:** Bonnie Coleman

## Arthritis Aquatics Program

The Arthritis Foundation Aquatics program is a rec program designed to accommodate the abilities of individuals with Arthritis & other related diseases. Individuals work at their own pace & are taught in a group setting to help improve muscular strength, endurance, & flexibility. Participation may also help with pain management & help to relieve the 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, & Arthritis water classes. The National Arthritis Foundation has developed water temp standards for this class (minimum of 83°F) & the City attempts to meet those standards. However, there may be times when the water temp. may fall below 83°F due to power outages & mechanical issues beyond the City's control. The National Arthritis Foundation recommends that participants "keep moving in the water throughout the class & if necessary, wear a hat, leotards, gloves or tee shirt to maintain body heat."

**FEE:**  DROP-IN  
\$5 Residents/Members  
\$6 Non-Resident  
Use Your Fitness Freedom Pass

**AGES:** 13 and over


**CLASS LENGTH:** 1-hour

**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*

## Arthritis Land Based Program

Developed for people with Arthritis, this program helps maintain fitness while reducing arthritis pain. The 50-min. class offers warm-up, endurance, cool-down, stretch, & relaxation. Created & approved by the Arthritis Foundation. Wear comfortable clothing, supportive shoes & bring water.

**FEE:**  DROP-IN  
\$5 Residents/Members  
\$6 Non-Resident  
Use Your Fitness Freedom Pass

**AGES:** 13 and over


**CLASS LENGTH:** 50-minutes

**INSTRUCTOR:** Kathy Frank



## AQUA ZUMBA®

Known as the Zumba "pool party", Aqua Zumba® gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba® blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning and, most of all, exhilarating beyond belief!

**FEE:**  DROP-IN  
\$6 Residents/Members  
\$7 Non-Residents  
Use Your Zumba Freedom Pass


**AGES:** 13 and over

**CLASS LENGTH:** 1-hour

**INSTRUCTOR:** Kathy Frank

## ZUMBA® / STRENGTH & TONE

Experience your favorite Zumba class with more! The hybrid class format includes 35 minutes of Zumba, 15 minutes of Strength & Tone, and a 10-minute stretch.

**FEE:**  DROP-IN  
\$6 Residents/Members  
\$7 Non-Residents  
Use Your Zumba Freedom Pass


**AGES:** 13 and over

**CLASS LENGTH:** 1-hour

**INSTRUCTOR:** Kathy Frank

## ZUMBA® WITH KATHY

ZUMBA! Balance of cardio and muscle-toning. Cardio based dance movements are easy-to-follow. Steps that include body sculpting, targeting gluteus, legs, arms, core, abs and the most important muscle, your heart. All fitness levels are welcome. Work at your own pace.

**FEE:**  DROP-IN  
\$6 Residents/Members  
\$7 Non-Residents  
Use Your Zumba Freedom Pass


**AGES:** 13 and over

**CLASS LENGTH:** 1-hour

**INSTRUCTOR:** Kathy Frank

## YANG 24 TAI CHI

In 1956, the Chinese Government wanted to promote health among the people. The form created is called Yang 24. Today, it's a popular form not only in China, but around the world. This class is for those with a good understanding of Tai Chi; Not advisable for beginners.

**FEE:**  DROP-IN  
\$8 Res/Members  
\$9 Non-Resident  
Use Your Tai-Chi Freedom Pass


**AGES:** 13 and over

**CLASS LENGTH:** 1-hour

**INSTRUCTOR:** Mark Henry

## TAI CHI ARTHRITIS & FALL PREVENTION

Sun (song) Style Tai Chi has been proven to be safe & effective for people with Arthritis. It has agile steps with many forward & backward movements. By learning the specially designed movements & practicing them regularly, many have found significant relief from symptoms of arthritis within a short time, like reducing pain & stiffness, improve muscle strength & joint flexibility, improved balance & an overall lift of spirit & tranquility.

**FEE:**  DROP-IN  
\$8 Residents/Members  
\$9 Non-Resident  
Use Your Tai-Chi Freedom Pass


**AGES:** 13 and over

**CLASS LENGTH:** 1-hour

**INSTRUCTOR:** Mark Henry

## TAI CHI FOR BEGINNERS

Participants will learn the fundamentals and principles of Tai Chi. This is a good class for those who have little or no experience and want to learn the basics of Tai Chi.

**FEE:**  DROP-IN  
\$8 Residents/Members  
\$9 Non-Resident  
Use Your Tai-Chi Freedom Pass

**AGES:** 13 and over

**CLASS LENGTH:** 1-hour

**INSTRUCTOR:** Mark Henry

# SilverSneakers® Classes

**Mondays:** 10:00 AM SilverSneakers® Classic  
 11:15 AM SilverSneakers® Circuit  
 12:15 PM SilverSneakers® Strength & Cardio


**Tuesdays:** 8:45 AM SilverSneakers® Dance  
 11:00 AM SilverSneakers® Circuit  
 12:00 PM SilverSneakers® Boom Mind

**Wednesdays:** 10:15 AM SilverSneakers® Yoga  
 11:15 AM SilverSneakers® Circuit  
 12:15 PM SilverSneakers® Strength & Cardio

**Thursdays:** 10:30 AM SilverSneakers® Classic

**Fridays:** 8:30 AM SilverSneakers® Yoga  
 10:45 AM SilverSneakers® Dance  
 11:30 AM SilverSneakers® Cardio Strength

**Instructors:** Kathy Frank, Sara Denune, Lori Bias, Bonnie Coleman

**Fee:**  SilverSneakers® Members—Free  
 Non-SilverSneakers® - \$5 Resident  
 \$6 Non-Resident  
 Use your Fitness Freedom Pass

**Class Limit:** 30 Participants



## SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

## SilverSneakers® Dance

This class incorporates dance moves into an energetic and fun workout. All fitness levels (and dance expertise) welcome! Come to the class and let your hair down doing all the dance moves you remember from years past.

## SilverSneakers® Boom Mind

Strength. Confidence. Flexibility. Mind takes the best from yoga and Pilates and combines them into one fusion class. Designed to relax the body and mind with peaceful music and invigorating movements. The focus of this class is on core muscles, lower body strength and balance.

## SilverSneakers® 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 SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

## SilverSneakers® Yoga

SilverSneakers 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.

## SilverSneakers® Cardio Strength

The cardio/strength training class will utilize every major muscle in the body for a workout that will help you increase strength, develop important core stability, and ensure flexibility. Great for all fitness levels! Modifications are provided. The class focuses on movements for functional daily living and ageing-in-place. Active seniors will get a great workout that challenges the body as well as the mind.