

Group Exercise Schedule

All classes are on a first-come, first-serve basis* *Spin Class is limited to 14 participants

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am-6:45am	Spin-Sculpt (Nicole)	Sculpt & Tone (Carolyn) 5:45am-6:30am	Spin-Sculpt (Barb)	Bosu Intervals (Carolyn) 5:45am-6:30am	Spin-Sculpt (Barb)	
8:00am- 8:30am	SilverSneakers (Nicole)		SilverSneakers (Barb)		SilverSneakers (Barb)	Spin (1hour) 8:00a-9:00a Sculpt 9:00a-9:30a (Staff)
9:00am-10:00am	Spin-Sculpt (Nicole)	BOSU Intervals (Barb)	Spin-Sculpt (Barb)	Strength & Core (Nicole)	Spin-Sculpt (Barb)	
10:00-10:45am		Pilates 10:15a-11a (Barb)			Pilates 10:15a-11a (Barb)	
10:30am-11:30am	YOGA (Karen)		YOGA (Karen)			YOGA (Karen)
1:00pm-1:30pm		SilverSneakers (Patrick)		SilverSneakers (Patrick)		
4:30pm-5:15pm	Spin 30 (Patrick)4:30-5p	Sculpt 30/ABS (Nicole)	Spin 45 (Nicole)	BOSU Cardio/Strength (Nicole)		
5:30pm-6:30pm	Total Package Strength Training (Patrick)	Spin-Sculpt (Nicole)	Zaboomba (Carolyn)	Spin, Run, Core (Patrick)		
6:30pm-7:15pm	Spin, Run, Core (Jim)	Sculpt 30/Pilates Core 15 (Nicole)	Kickboxing 45 (Carolyn)	Yoga 6:40p-7:40p (Karen)		
7:15pm-7:45pm		Spin 30 (Patrick)				

-Effective Jan. 3rd, 2012 Hours: Mon-Thurs: 5:30am-9pm Friday: 5:30am-7pm Sat-Sun: 7am-3pm Phone: 419-502-3500 www.nomfc.com

Group Exercise classes and schedule is subject to change as needed by the Northern Ohio Medical Fitness Center staff

There must be at least 4 participants for all Group Exercise Classes

- Cardio Class
- Low Impact Strengthening/Stretching Class
- SilverSneakers
- Cardio/Strength Training Class
- Pilates/Yoga

Spin Sculpt/Core = Spinning is an aerobic exercise class on a specially designed stationary bicycle called a Spinning bike. The class is led by an instructor, which will motivate you throughout your workout! Spinning burns serious calories (about 450 in 45 minutes) and offers an awesome aerobic workout that makes your heart pump fast, tones your quadriceps (front thigh muscles) and out thigh muscles. Finish the class working on the muscles of you low back and abdominals for a total body workout. Watch out ahead! Fitness Levels = Beginner to Advanced.

Spin 30 = Try this 30 minute spin class! It is great for a quick workout with a big calorie burn or if you are new to Spin, it is the perfect class for beginners; you will ease your way into this great cardiovascular exercise class. Guarantee you will fall in love all over again! Fitness Levels = Beginner to Advanced.

Spin, Run, Core = Looking to burn off those weekend calories? This class will do the trick! You will alternate between Spinning on the bikes with running exercises; you may run sprints, stairs, or track! You will finish class with AB exercises for a great cardio workout. Fitness Levels = Beginner to Advanced.

Sculpt 30/Core/ABS = This class is designed to strengthen, sculpt, and tone every muscle of your body. You will use dumbbells, exercise bands, body bars, and stability balls to give your body the ultimate total body workout to build strong lean muscles. We will focus on lower body and upper body exercises for 30 minutes, then target the core muscles to get you those defined ABS you have always dreamed of! Fitness Level = Intermediate to Advanced.

Kickboxing 45 = You will punch, kick, and jump your way to a fit body. Try this 45-minute Kickboxing class, you will do a variety of kickboxing moves, plyometric exercises to build your strength and improve your fitness level! Did you have a stressful day?? This will be the perfect way to reduce your stress and learn some new moves!! Don't punch too hard! Fitness Level = Beginner to Advanced.

Pilates = This class incorporates stretching and strengthening exercises to tone your muscles and improve your posture, flexibility, and balance. You will use controlled movements to help unite your mind and body. A series of breathing and relaxation techniques will also be used. Fitness Levels = Beginner to Advanced.

Total Package Training = This class will get you the sleek, strong muscles you have always dreamed of! Challenge your body with weight training exercises to help you build lean muscle...Lean is in, just look at Patrick... Fitness Levels = Beginner to Advanced.

BOSU Training = This class is awesome for total body conditioning of cardio and strength. You will do exercises that target your core muscles and balance, you will have so much fun in this class you won't even realize how many calories you are burning! Try something new and take BOSU! Fitness Levels = Beginner to Advanced.

Yoga = Reiki is a holistic, hands-on healing technique for stress reduction and relaxation. Strengthen and lengthen your muscles while learning relaxation techniques in this 60 minutes yoga class. Just Breathe! Fitness Level = Beginner to Advanced.

SilverSneakers® = This class is designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance. But, anyone can try this class because we do work very hard! Fitness Level= Beginner to Advanced.

Aqua = Combine your core strength training exercises with balance and conditioning in the water. This class will use equipment such as dumbbells and noodles adding extra support and resistance. No splashing...PLEASE! Fitness Levels= Beginner to Advanced.