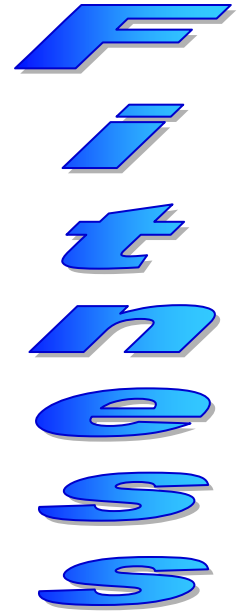


# Brook Park Recreation Adult Fitness Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:00 am</b>	Low impact Aerobics		Low impact Aerobics		Low impact Aerobics
<b>10:00am</b>	Low/ No impact Aerobics	Outdoor (Spring) Walking Program	Low/ No impact Aerobics	Outdoor (Spring) Walking Program	Low/ No impact Aerobics
<b>6:30 pm</b>		Zumba			
<b>6:45 pm</b>	Iron Yoga		Iron Yoga		
<b>7:00 pm</b>		Body Sculpting		Body Sculpting	
<b>8:00 pm</b>		Phenomenal Abdominals		Phenomenal Abdominals	

\* All times and fees are subject to change

**Body Sculpting-** is a one-hour cardiovascular strength training exercise class that shapes and tones the entire body and helps prevent osteoporosis. No dancing, jumping or jazzing... just results! Bring a set of 5-pound dumbbells (each), a stretch band, a water bottle and an exercise mat. Accommodates beginner to advanced fitness levels. Work out at your own pace. Eight, one-hour classes in each term.

**Phenomenal Abdominals-** This 30-minute exercise class that focuses on the upper, lowers, and side abdominal muscles. The exercises are designed to increase torso strength and reduce lower back strain. Can be taken alone or with another exercise class. Bring an exercise mat and stretch band. No weights used. All fitness levels welcome.

**Iron Yoga-** Yoga postures and Pilate type movements done properly can improve your flexibility, concentration, energy and help cope with PMS, menopause, back pain, digestion and put some inner peace and balance into your busy life.

**Low Impact Aerobics-** A fun low impact class designed for those who do not want to jump. This class challenges you to burn calories and sculpt your body with weights. A variety of exercise equipment is used and Pilates based moves are incorporated in the floor work.

**Low/No impact Aerobics** – An aerobic class designed for a complete body workout. Class includes a warm-up with aerobic moves that incorporate weight/sculpting moves. A challenging core segment follows with floor work and Pilates based moves.

**Zumba** – Was created in the mid-90’s by Columbian native Alberto “Beto” Perez, a celebrity fitness trainer and choreographer for International pop superstars. Zumba has become one of the fastest growing dance based fitness crazes in the country, with people of all ages falling in love with its infectious music, easy to follow dance moves and body-gratifying benefits.

**Outdoor Walking Program-** Walking class designed to stress the importance of achieving aerobic benefits through walking. Not leisurely walking. Classes take place either in the city or at the Cleveland Metroparks (Lake to Lake). Please dress for the weather.