



# Group Exercise, Water Exercise & SilverSneakers Classes

February 23<sup>rd</sup> – March 29<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM						Cycling (Jerry)	
8:45 AM		SilverSneakers Splash (Mike)		SilverSneakers Splash (Mike)	New Class begins 3/5!!		
9:00 AM	SilverSneakers Cardio (Laura) Gym B	Yoga (Gina) Multipurpose B	SilverSneakers Cardio (Laura) Gym B	Cycling (Melissa) SilverSneakers Cardio (Gina) Gym B	SilverSneakers Cardio (Gina) Gym B	Zumba (Andie) Group Ex B	
9:15 AM	Forever Fit (Charlie) Group Ex B		Cardio Barre (Andie) Group Ex B		Muscle Up (Sharon) Group Ex B		
10:00 AM		SilverSneakers Yoga (Gina) Multipurpose A		SilverSneakers Yoga (Gina) Multipurpose A		Yoga (Rebecca)	Cycling (Kristin)
10:15 AM	SilverSneakers Classic (Erin) Aux Gym		SilverSneakers Classic (Erin) Aux Gym		SilverSneakers Classic (Gina) Aux Gym		
10:30 AM		Water Sculpt (Audrey)		Water Sculpt (Audrey)			
11:00 AM		Starts back on 3/11!!					Step It Up (Cheryl) Group Ex A
5:15 PM			AquaFit (Theresa)				
6:00 PM	Cycling (Melissa)	Yoga (Rebecca) Multipurpose B Cycling (Kristin)	Cardio & Strength (Kristin) Group Ex B	Yoga (Rebecca) Multipurpose B Cycling (Tracy)	No Class 3/5		
6:30 PM		Muscle Up (Cheryl) Group Ex B		Weights & Cardio Blast (Cheryl) Group Ex B	<p>To purchase your pass or to guarantee a spot for a class, go to <a href="http://www.bhrec.org/register">www.bhrec.org/register</a> and log in.</p> <p>Please stop and check in at the front desk before heading to class. You will receive a numbered tag to claim your spot in class. SS members may scan in and go straight to class.</p>		
7:00 PM	Cardio & Core (Cheryl) Group Ex A						

For our most up to date schedule visit [www.bhrec.org](http://www.bhrec.org)> Athletics & Fitness> Adult Fitness>Group Exercise Classes

Single Day Drop In: \$10 Resident/\$20 Non-Resident

Members: All Classes are FREE for Members, SilverSneakers, & Renew Active

Group Exercise 15 Classes: Senior: \$75 Resident: \$120 Non-Resident: \$135

**Cardio Barre:** High energy class that uses high repetition and low impact exercises to get your heart pumping! Paired with light weights, you are guaranteed a full body workout you won't want to miss.

**Cardio & Core:** Torch the calories during this 60 minute class while recruiting muscle to boost the metabolism! A variety of cardio, core and power to start your week off.

**Cardio & Strength:** This class offers a combination of cardiovascular and strength training exercises for a complete level of fitness training. We end class with 5 minutes of core strength and 5 minutes of stretching for a full body workout. (Seasonal Class November – April)

**Cycling:** Our group cycling classes are high energy and low impact cardiovascular workouts that will torch calories and leave you feeling both invigorated and exhausted. Our class accommodates all levels of exercisers from beginners to athletes. Most classes are 45-55 minutes. Rider must be at least 4'11" tall to ride. What to Bring: a water bottle, a towel for you, and a heart rate monitor (optional).

**Forever Fit:** Moderate intensity total body and cardio workout using weights, bands, exercise balls and floor movements. Ideal for the active adult to maintain overall fitness.

**Muscle Up:** Get leaner, get stronger, get healthier as you ignite your metabolism and incinerate fat for 60 minutes. You'll start with a dynamic warm up and move on to total body strength training to sculpt every muscle group to maximize results.

**Step It Up:** This Step program that's nothing like old-school step aerobics. Elevate your calorie burn for 60 minutes with easy to learn step moves that improve leg strength and tone.

**Weights & Cardio Blast:** You will reduce fat, improve muscle and cardiovascular strength! This 60 minute class is great for overall fitness and energy.

**Yoga:** Perfect for anyone new to yoga, for any yogi looking to refine their alignment, and for a therapeutic and slower approach to practice. This level provides a solid foundation of the basics of yoga. You will learn how to align the body from the ground up. Classes build week by week, offering students a unique way to grow in their practice. This class offers the perfect foundation to stay safe and confident for a lifetime of practice! No flexibility needed!

**Zumba:** This Latin-inspired dance fitness class is a combination of high and low intensity routines in a dance party atmosphere! You will tone your body and burn fat through the intervals of high and low moves. Every week the music and moves are a fresh mix of Latin and pop beats and rhythms. All fitness levels are welcome, no dance experience necessary! You will leave energized and feel great after every class!

**SilverSneakers Classic\*** – Have fun and move to the music through a variety of exercises designed to increase muscular strength and range of movement. Hand weights, and balls are provided along with chair for support. \*Class offered FREE to all members of Broadview Hts Parks & Rec. Class is 1 hour.

**Senior Cardio** – Get up and Go with an aerobics class for you – safe, hearth healthy, and gentle on the joints. Workout includes easy following, low-impact movement, upper and lower-body strength, abdominal conditioning and stretching. A chair is available for support and easy head to toe stretching. Class is 45 minutes.

**Senior Yoga** – This class 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 postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Class is 45 minutes.

**SilverSneakers Splash:** Offers lots of fun and shallow water moves to improve flexibility and cardio endurance. No swimming ability is required, and a noodle is used to develop strength, balance and coordination. Class is held in the pool for 45 minutes.

**AquaFit:** Dive into a dynamic workout designed to boost your overall fitness and well-being. This is a full-body water exercise class that combines cardio, mobility, resistance training, and balance in a fun, low-impact environment. The water's natural resistance helps sculpt and tone muscles, while the buoyancy reduces strain on joints, making it ideal for all fitness levels, including those with mobility challenges or recovering from injury.

**Water Sculpt:** A combination of shallow and deep-water exercises to tighten, tone and increase flexibility and balance. Build core strength and cardiovascular health using the water's resistance. Class is 45 minutes. (Students should be comfortable in deep water without floatation devices)

**To receive class cancellation/facility closure info:**

**-Visit [bvhrec.statusfy.com](https://bvhrec.statusfy.com) and if prompted, click "Stay In Browser"**

**- There are Bell Icons next to the various alerts that we send out info for. *Facility Info, SilverSneakers, etc.***

**–Scroll down to select "text", enter your phone number and then "send code". You will get a text. Type in the code in the text to verify your number and "submit". (This step MUST be done). Click "Save"**

**-You can then select the bell for the notifications you would like to receive.**