

GROUP EXERCISE

Group Exercise Pass Class Rates

Year pass: \$250 Member* / \$400 Resident

Monthly Pass (good for 30 days):

\$55 Member / \$75 Resident

Daily Pop in Rate: \$5 Member / \$10 Non Member

Pass is good for specified days from date of purchase. See monthly schedule at the front desk or online for specific dates and times. Can not be used towards pre-registered classes listed on this page. *Membership must remain current during the time of Group Exercise pass*

Class Descriptions

****All of our instructors can adjust the class format to meet the needs and abilities of class participants****

Bootcamp (60 min)

This class is a great total body workout that combines cardio, weights, and core exercises. Make it as challenging as you like! Suitable for all fitness levels.

DEEP Strength (60 min.)

Looking to gain raw strength? This class is the perfect class to build strength in a progressive manner using compound movements and core lifts. Class moves at a fast pace!

DEEP Core Strength (60 min.)

The perfect complement to the DEEP Strength Series, this class confines strength building exercises to your core, the source of all your power.

"Golden Gang" Cardio Express (30 min.)

Comprehensive 30-minute low impact cardiovascular conditioning to music, including range of motion and balance exercises to improve your overall fitness and health. **Class is free to our Silver Sneaker members.*

Group Cycling (55 min.)

During the class the instructor simulates a ride and together you travel on flat roads, climb hills, sprint and race! See the front desk to reserve your bike.

Lift & Ride (75 min.)

This is a great two for one class! Spend the first half doing strengthening exercises and the last half pedaling away to the music on the group cycling bikes.

Muscle Conditioning (60 min.)

Focusing on the full body, this all-levels class uses equipment and body weight exercises – along with intermittent cardio – to build strength while increasing endurance. Simple, strong movements may be made more intense with heavier weights.

Mindful Yoga (60 min.)

Combines the practice of mindfulness, basic yoga, and breathing techniques. Mindful yoga develops purposeful movement while being fully present with openness and acceptance. The last class of the month will be a full meditation class. **Class is free to our Silver Sneaker members.*

PiYo® (60 min.)

PiYo is a cardio strength fusion inspired by yoga and Pilates. It's functional strength training using YOUR body to WORK your body.

Power Vinyasa Flow Yoga (60 min.)

Power Vinyasa Yoga is a powerful, energetic form of yoga where students move fluidly from one pose to the next while connecting their breathing to their movements. This type of yoga will challenge both the aerobic and anaerobic systems of the body. Get ready to be challenged, to sweat and have fun! Classes are designed for ALL LEVELS, although some knowledge of basic poses is suggested.

Silver Sneakers Classic® (45-60 min.)

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. **Class is free to our Silver Sneaker members.*

SilverSneakers Chair Yoga® (50 min.)

Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. **Class is free to our Silver Sneaker members.*

Private Yoga with Ann Lew

Join our Yoga instructor, Ann Lew, for a one-on-one private session. Sessions can be a half hour or a full hour. Contact Ann Lew by text at 216.401.3393 or email at annlewyo@gmail.com. Cost is ½ hour=\$15, 1 hour=\$30

Information is subject to change. Visit us at <https://www.cityofwestlake.org/Recreation>.

GROUP EXERCISE

Senior Strength (Silver Sneaker eligible class) (45min.)

This class combines functional strength training with low impact cardio exercises. Build strength and stamina for daily living. A chair is used for seated and/or standing support.

Slow Yoga Flow (60 min.)

Very similar to Yoga Flow, this class is a little slower with fewer strenuous poses.

Total Body 45 (45 min.)

Join us for this new class that mixes low impact cardio, strength training, and core training movements. The circuit style will keep you moving so you get the most out of your time in class! Suitable for all fitness levels.

Triple Threat (60 min.)

Mix it up with this workout designed around 3 minutes of strength, 3 minutes of core, and 3 minutes of cardio. This sequence is repeated 4 times through.

Yoga Basics 1 (50 min.)

This class is intended for the true beginner, an older population, or people with physical limitations. Props and modifications will be offered. A more in depth description is available at the front desk.

**Class is free to our Silver Sneaker members.*

Yoga Basics 2 (45 min.)

This class is intended younger adult beginners or older adults who have some yoga experience. Class includes breathing practices and meditation. A more in depth description is available at the front desk.

Yoga Basics 3 (60 min.)

Continue to challenge your yoga practice with this new class! Some yoga experience and knowledge of poses is recommended.

Yoga Core (60 min.)

A little bit of yoga poses, little bit of core work, and little mix of both for an overall challenging, yet rejuvenating class.

Yoga Flow (60 min.)

This is an energizing class that combines posture (asana) with breath and movement. Build strength and stamina, increase flexibility, and finish with deep relaxation for a feeling of balance and rejuvenation.

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Zumba Gold® (45 min.)

Perfect Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. **Class is free to our Silver Sneaker members.*



We are currently hiring for a variety of departments at the Westlake Recreation Center. Stop by and fill out an application.

GROUP EXERCISE

Fitness Equipment Instruction: Cybex Equipment Only!

Sign up for this class to properly learn how to use all the Cybex selectorized equipment. Along with proper instruction, you will also learn important fitness room information and helpful fitness tips.

This class is for beginning fitness levels. Max 4

Time: 9:30-11:00am

202215-01	Wed, 4/17
202215-02	Wed, 5/22
302215-01	Wed, 6/19
302215-02	Wed, 7/17
302215-03	Wed, 8/21

\$10 Member



Small Group Fitness on Demand (3 participant minimum)

Small group Fitness on Demand goes beyond what is offered on our group fitness schedule. With guided instruction in a small group setting, to reach your fitness goals. This class is perfect for anyone looking to take their training up a notch! Our fitness office can set you up with a group to help maximize your workout. Contact Christy Leimkuehler at cleimkuehler@cityofwestlake.org.

Cost: \$7 per member

Tai Chi & Qigong For All (Level 1)

The Holidays are over, so Breathe Easy! Start the New Year off gently, re-charge your batteries and focus on balance & well-being. Curious? Always wanted to try it? Now's the time! We'll start with a refreshing detoxifying self-massage. Then we flow mindfully into easy, fluid movements that encourage healthy deep breathing. We'll gently address every joint, every muscle. The routines will leave you relaxed, re-energized and ready for whatever comes your way. No experience (or mat) required. Drop-ins are welcome! Barb Pajka, instructor.

Time: 7:00-7:45pm

202208-01	Tues, 4/30-6/4
302208-01	Tues, 6/25-7/30

\$60 Member / \$70 Non Member

Drop-in: \$12 per class



Tai Chi Intermediate (Level 2)

Continuing students stay for an additional 30 minutes with focus on the Traditional 108 Movement We Style Long Form.

Time: 7:00-8:30pm

202208-02	Tues, 4/30-6/4
302208-02	Tues, 6/25-7/30

\$72 Member / \$82 Non Member

Drop-in: \$15 per class

Smart Start Fitness Instruction: Cybex Equipment Only! Recommended for 65+

This one hour class meets in the Fitness room and will provide instruction on how to properly use select Cybex equipment teaching you one exercise per body part. The class will also include other important fitness room information and helpful workout tips.

Perfect for the individual who is looking for just the right amount of knowledge to effectively workout. Max 4

202215-03	Mon, 4/1	12:00-1:00pm
202215-04	Thurs, 4/18	9:30-10:30am
202215-05	Mon, 5/6	12:00-1:00pm
302215-07	Mon, 6/3	12:00-1:00pm
302215-09	Mon, 7/1	12:00-1:00pm
302215-11	Mon, 8/5	12:00-1:00pm

\$5 Member

Women on Weights (ages 50+)

Women on Weights is a dynamic exercise program designed to bring a small group of women together with the common goal of performing resistance exercise more effectively. It is a motivating program that will educate members to achieve their goals. Designed for women over 50, this class will target and improve strength and total body fitness. Max. 4

202220-01	M/W, 4/22-5/15	11:00am-12:00pm
202220-02	M/W, 4/22-5/15	6:00-7:00pm
302220-01	M/W, 5/29-6/24	11:00am-12:00pm
302220-02	M/W, 5/29-6/24	6:00-7:00pm
302220-03	M/W, 7/8-7/31	11:00am-12:00pm
302220-04	M/W, 7/8-7/31	6:00-7:00pm

\$55 Member / \$65 Non Member

Line Dancing

Mary Harwood leads this "exercise in disguise" program. Its not just country anymore- take a trip down memory lane as you dance to your favorite oldies- Motown, swing, salsa, country. "Soft soled shoes only". NO partner needed. Min 5 / Max 30.

Time: 7:00-8:00pm

204405-01	Thurs, 4/18-5/23
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\$30 Member / \$40 Non Member

Clague Cabin