



Located at the  
TriPoint Medical Center  
Physician Pavilion,  
Suite 201.

**Class sizes are limited to  
10 people, so register early!**



## Specialty Classes

### **Prenatal Yoga**

Balance will be enhanced with the practice of the asanas (postures) with breath work, chanting and meditation. You will train the mind to center and relax, which is so beneficial throughout your pregnancy, labor, and childbirth  
*\*Physician release required\**

### **Yoga for Arthritis**

Simple, gentle movements that gradually build strength, balance and flexibility. Enhances body awareness in the individual with arthritis or other joint mobility concerns.

### **Yoga for Breast Cancer Survivors**

Provides gentle restorative poses and slow arm stretches to regain flexibility. Breathing exercises will release tension, through guided meditation. Suitable for those in treatment and for survivors that would like to try yoga for the first time. (Support persons are welcome to join you).

### **Gentle Stretch Yoga**

This class uses the chair as a prop to assist in a complete program of stretching, breathing and relaxing to revive body, mind and spirit.

### **Back Care Yoga**

A gentle yoga program of stretching and strengthening exercise to promote back health.

**Schedules for two 6-week  
sessions included on back!**

### **Yoga for Stress Relief**

A gentle practice of slow meditative movement, conscious breathing and relaxing meditation designed to reduce the impact of everyday and exceptional life stresses.

### **Meditation & Guided Relaxation**

Stress got you tied up in knots? Learn how to relax by focusing on the breath and by following a guided meditation in this 60-minute weekly session.

## Yoga Classes

### **Gentle Yoga**

Practice breathing techniques, cultivating body awareness, and teaching different stretches and poses to relieve tension, increase flexibility, restore vitality and promote calmness and balance.

### **Intermediate Yoga**

This class will build on your prior beginners foundation and experience. Poses will be held longer than in beginners classes to increase strength, stamina, balance and flexibility.

### **Hatha Yoga**

A comprehensive, balanced Yoga program with a steady flow, regulated breathing, relaxation between asanas (postures) and guided instruction throughout.

### **Lunchtime Yoga**

A NO SWEAT Hatha yoga class designed to give you a boost in the middle of the day.

## Cardio Classes

### **Zumba**

Join the newest cardio dance craze across the world. Zumba is a fun Latin-inspired, easy-to-follow, calorie-burning fitness party that works the entire body!

### **Cardio Kickboxing**

Get your heart rate thumping with high intensity cardio for all levels! Incorporates basic kicks, jabs, and core work to increase your cardiovascular endurance and strength.

### **Cardio-Strength Interval**

Burn more fat by incorporating cardio bursts and strength training all in the same class!

## Toning Classes

### **Pilates/Yoga Fusion**

This class blends the core exercises of Pilates class with yoga poses, finishing in meditation. Get the best of both worlds with FUSION!

### **Zumba Toning**

A blend of body sculpting techniques and Zumba moves with the use of maraca-like Zumba toning sticks.

### **Pilates Mat Class**

Improve posture and core muscle control using your body weight as the primary source of resistance.

*continued on back*

### Total Body Sculpt

Designed for someone looking for an easy and simple way to add strength training into their exercise routine.

### Balls and Bands

Toning class using stability balls, resistance bands and chairs to strengthen muscles and improve posture and balance. This class is for all levels of fitness.

### PAYMENT IS REQUIRED AT TIME OF REGISTRATION.

In most classes, modifications will be available to accommodate all fitness levels. It is recommended that you wear comfortable clothing, and bring a yoga mat and small pillow if you wish. It is also suggested that you do not eat a large meal for two hours prior to class.

### PRICING INFORMATION:

All yoga, core, Pilates, Zumba, cardio-strength interval and meditation classes that meet one time per week are \$60.00 per 6-week session for the public and \$30.00 for Lake Health employees.

Seated Strength and Stretch, Total Body Sculpt and Cardio Kickboxing classes that meet 2 days per week are \$120.00 for the public and \$60.00 for Lake Health employees.

**NOW AVAILABLE!**  
**Massage,**  
**Reiki sessions and**  
**Acupuncture treatments.**  
**Call 440-375-8153**  
**for more information.**

## SPRING I MARCH 28 – MAY 7

Monday	Tuesday	Wednesday	Thursday	Friday
1:45 - 3 pm Gentle Stretch Yoga	6 - 7 am Total Body Sculpt	10:45 - 11:45 am Hatha Yoga	6 - 7 am Total Body Sculpt	9-9:45 am Zumba
4:30 - 5:30 pm Prenatal Yoga	7 - 8 am Cardio Kickboxing	12:15 - 1 pm Lunchtime Yoga	7 - 8 am Cardio Kickboxing	11-11:50 am Cardio/Strength interval
5-5:45 pm Zumba**	10:45 - 11:45 am Gentle Stretch**	1:30-2:30 pm Yoga for Arthritis	12 - 12:45 pm Balls and Bands	12:15-1:00 pm Pilates Mat
5:30-6:30 pm • Meditation and Guided Relaxation	12 - 12:45 pm Balls and Bands	2:30-3:30 pm Yoga for Stress Relief	4:30 - 5:20 pm Total Body Sculpt	
5:45 - 6:45 pm Gentle Yoga	4:30 - 5:20 pm Total Body Sculpt	3:30-4:15 pm Back Care Yoga	5:45 – 6:30 pm Cardio/Strength Interval	Saturday
7-7:45 pm Zumba	5:30 - 6:30 pm Gentle Yoga	4:30-5:15 pm Zumba Toning	6:45-7:45 pm Yoga for Breast Cancer Survivors	9:30-10:30 am Yoga Pilates Fusion
	6:45-7:45 pm Intermediate Yoga	5:30-6:15 pm Zumba		** At The Mentor Campus Lincoln Room
<p><b>To register for classes, call the Best of Health Line at 440-953-6000.</b></p>				• At The TriPoint Meditation Room

## SPRING II MAY 9 – JUNE 18

Monday	Tuesday	Wednesday	Thursday	Friday
1:45 - 3 pm Gentle Stretch Yoga	6 - 7 am Total Body Sculpt	10:45 - 11:45 am Hatha Yoga	6 - 7 am Total Body Sculpt	9-9:45 am Zumba
4:30 - 5:30 pm Prenatal Yoga	7 - 8 am Cardio Kickboxing	12:15 - 1 pm Lunchtime Yoga	7 - 8 am Cardio Kickboxing	11-11:50 am Cardio/Strength interval
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	5:30 - 6:30 pm Gentle Yoga	4:30-5:15 pm Zumba Toning	6:45-7:45 pm Yoga for Breast Cancer Survivors	9:30-10:30 am Yoga Pilates Fusion
	6:45-7:45 pm Intermediate Yoga	5:30-6:15 pm Zumba		** At The Mentor Campus Lincoln Room
<p><b>Download these class schedules at <a href="http://lakehealth.org/fitness-classes">lakehealth.org/fitness-classes</a>.</b></p>				• At The TriPoint Meditation Room