



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

Joint Soothing Yoga

Joint Soothing Yoga is a program of simple, gentle movements that gradually builds strength, balance and flexibility, improves postural alignment and enhances body awareness in the individual with arthritis or other joint mobility concerns.

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.

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.

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!

Zumba (Low)

All of the fun and flavor of traditional Zumba classes, but with simplified movements, lower impact, and a little slower pace. Designed for ALL age ranges and body types.

Zumba Gold

modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere.

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!

Cardio Express

Quickly get in and out with this aerobic workout designed to increase your heart rate and burn calories in 40 minutes! Every class is fun and exciting with a variety of ways to burn fat and get heart healthy!

Toning Classes

Yoga/Pilates Fusion

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

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

continued on back side

Pilates Mat Class

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

Resistance Training

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

20/20/20 **NEW CLASS!**

Come get a total body workout with 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of flexibility and core.

Sculpt and Stretch

Speed up your metabolism, sculpt your muscles, and increase your flexibility all in one class!

JANUARY 2 – FEBRUARY 11				
Monday	Tuesday	Wednesday	Thursday	Friday
11 am – 12 pm Zumba Gold	6 – 7 am Resistance Training	6 – 7 am Gentle Yoga	6 – 7 am Resistance Training	9:30 – 10:30 am Zumba
1:45 – 3 pm Gentle Stretch Yoga	7 – 8 am Cardio Kickboxing	10:45 – 11:45 am Hatha Yoga	7 – 8 am Cardio Kickboxing	11 – 11:50 am Cardio/Strength Interval
5:45 – 6:45 pm Gentle Yoga	2:30 – 3:30 pm + Joint Soothing Yoga +	12:15 – 1 pm Lunchtime Yoga	4:30 – 5:30 pm Sculpt and Stretch	12:15 – 1:00 pm Pilates Mat
7 – 7:50 pm Zumba (Low)	4 – 5 pm + Gentle Yoga +	1:30 – 2:30 pm Yoga for Stress Relief	5 – 6 pm ** Zumba **	
	5:30 – 6:30 pm Cardio/Strength Interval LUB Conf.	3 – 4 pm Back Care Yoga	5:45 – 6:30 pm Cardio/Strength Interval	Saturday
	5:30 – 6:30 pm Gentle Yoga	4 – 4:40 pm Cardio Express	6:45 – 7:45 pm Gentle Yoga	9:30 – 10:30 am Yoga/Pilates Fusion
		7:45-8:45 pm 20/20/20		
			To register for classes, call the Best of Health Line at 440-953-6000.	+ At West Medical Center +
				** At The Mentor Campus Lincoln Room**

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

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

Resistance Training and Cardio Kickboxing classes that meet 2 days per week are \$120.00 for the public and \$60.00 for Lake Health employees.

FEBRUARY 13 – MARCH 24				
Monday	Tuesday	Wednesday	Thursday	Friday
11 am – 12 pm Zumba Gold	6 – 7 am Resistance Training	6 – 7 am Gentle Yoga	6 – 7 am Resistance Training	9:30 – 10:30 am Zumba
1:45 – 3 pm Gentle Stretch Yoga	7 – 8 am Cardio Kickboxing	10:45 – 11:45 am Hatha Yoga	7 – 8 am Cardio Kickboxing	11 – 11:50 am Cardio/Strength Interval
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**Download these
class schedules
at
lakehealth.org/
fitness-classes.**