

Land Fitness Activities

There are a variety of ways to focus on your health and fitness at the Family Recreation Center. Our facility offers a comprehensive class schedule. Land Fitness group activities are in the Aerobics/Dance Room unless otherwise stated in the description of the class. We have a great staff of certified, experienced, and dedicated fitness professionals to instruct, assist and motivate you. Participants ages 12 to 17 must have a parent or guardian sign a waiver form for them to participate in class. If you need assistance choosing the appropriate class for your fitness level and/or goals, please feel free to call (330) 468-8370.

Drop In Fee

When space is available you may pay per class.

Program Fee	Mac. Res. Fee	Member Fee
\$7.00	\$6.00	\$5.00

SilverSneakers® Muscular Strength & Range of Movement

FREE CLASS FOR SilverSneakers Members!

Instructor: Linda Skrbini

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

No drop ins. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/14 classes)			
	Sept. 7 - Oct. 21	10:15 – 11:00 a.m	T/TH
	Fee: Program \$74/Resident \$60/Member \$46		
Fall II (8 weeks/14 classes)	No Class the week of Nov. 22		
	Oct. 26 - Dec. 16	10:15 – 11:00 a.m.	T/TH
	Fee: Program \$74/Resident \$60/Member \$46		

Pilates

Instructor: Linda Skrbini

This class will focus on conditioning the body from the inside out. Learn the importance of core stabilization, muscle balance, proper alignment, strength and flexibility. Bring a sticky mat.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/7 classes)			
	Sept. 7 - Oct 19	6:30 - 7:15 p.m.	Tues
	Sept. 10 - Oct. 22	9:15- 10:00 a.m.	Fri
	Fee: Program \$44/Resident \$37/Member \$30		
Fall II (8 weeks/7 classes)	No Class the week of Nov. 22		
	Oct. 26 - Dec. 14	6:30 - 7:15 p.m.	Tues
	Oct. 29 - Dec. 17	9:15- 10:00 a.m.	Fri
	Fee: Program \$44/Resident \$37/Member \$30		

Zumba

Instructor: Katie Pylypiak

ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/13 classes)			
	Sept. 8 - Oct. 20	7:30 - 8:30 p.m.	M/W
	Fee: Program \$78/Resident \$65/Member \$52		
Fall II (8 weeks/ 14 classes)	No Class the week of Nov. 22		
	Oct. 25 - Dec. 16	7:30 - 8:30 p.m.	M/W
	Fee: Program \$84/Resident \$70/Member \$56		

SilverSneakers® Muscular Strength & Cardio Circuit

Instructor: Shirl Zehner-Schafer

Cardio Circuit is the advanced class for participants who desire and are ready for a SilverSneakers “cardio” workout. The workshop includes standing non-impact choreography designed to increase cardiovascular and muscular endurance alternated with standing upper body conditioning and coordination work with hand-held weights, elastic tubing with handles and the SilverSneakers ball. Choreography with the chair is included for cool-down options, additional flexibility training and relaxation techniques

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/13 classes)			
	Sept. 8 - Oct. 20	11:30 a.m. - 12:30 p.m.	M/W
	Fee: Program \$69/Resident \$56/Member \$43		
Fall II (8 weeks/ 14 classes)	No Class the week of Nov. 22		
	Oct. 25 - Dec. 16	11:30 a.m. - 12:30 p.m.	M/W
	Fee: Program \$74/Resident \$60/Member \$46		

Land Fitness Activities

Cardio Kickboxing

Instructor: Daniel Depenbrok

This program is a fusion of basic to intermediate martial arts techniques and includes cardio exercises with the wave master bags. This class incorporates bag drills, body conditioning, aerobic exercises and calisthenics. This class will give you a full body workout!

Drops ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/7 classes)	Sept. 9 - Oct. 21	7:00 - 7:45 p.m.	TH
	Fee: Program \$44/Resident \$37/Member \$30		
Fall II (8 weeks/7 classes)	<u>No Class the week of Nov. 22</u>		
	Oct. 28 - Dec. 16	7:00 - 7:45 p.m.	TH
	Fee: Program \$44/Resident \$37/Member \$30		

Morning Bootcamp

Instructor: Jill Barry

Want to change your body? This class will build incredible strength and endurance by using a constantly changing format. By incorporating a variety of equipment, the body will continue to feel challenged, helping you overcome plateaus and reach your goals. you will us weight, medicine balls, etc.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/7 classes)	Sept. 11 - Oct. 23	9:15-10:00 a.m.	Sat
	Fee: Program \$44/Resident \$37/Member \$30		
Fall II (8 weeks/7 classes)	<u>No Class the week of Nov. 22</u>		
	Oct. 30 - Dec. 18	9:15-10:00 a.m.	Sat
	Fee: Program \$44/Resident \$37/Member \$30		

Sculpt & Tone

Instructor: Jill Barry

This fast paced sculpting class will strengthen, tone and improve body endurance through the use of body resistance, body bars, fitness balls, weights and more! All major muscle groups will be challenged! Bring a mat, resistance tubes and a bottle of water.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/13 classes)	<u>No Class Sept. 6</u>		
	Sept. 8 - Oct. 20	6:30-7:15 p.m.	M/W
	Fee: Program \$82/Resident \$69/Member \$56		
Fall II (8 weeks/14 classes)	<u>No Class the week of Nov. 22</u>		
	Oct. 25 - Dec. 16	6:30-7:15 p.m.	M/W
	Fee: Program \$87/Resident \$74/Member \$60		

Tighten N Tone (T.N.T.)

Instructor: Linda Skrbn

This is group personal training! Learn proper body placement while using resistance. Your endurance, range of motion, flexibility, posture, muscle strength and bone density will improve. Weights and resistance tubing are used in this class. Bring a mat and a bottle of water.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/14 classes)	Sept. 7 - Oct. 21	9:15-10:00 a.m.	T/TH
	Fee: Program \$88/Resident \$74/Member \$60		
Fall II (8 weeks/14 classes)	<u>No Class the week of Nov. 22</u>		
	Oct. 26 - Dec. 16	9:15-10:00 a.m.	T/TH
	Fee: Program \$88/Resident \$74/Member \$60		

Personal Training

By appointment only.

Receive assistance from one of our trainers who will design an exercise program tailored specifically toward achieving your individual goals. Trainers will also teach you how to use the equipment properly and effectively while incorporating free weights into your workout as well. Workouts can be designed for the fitness center, home, travel, and per individual request. Registration and/or cancellation must be 24 hours in advance of appointment. No coupon.

Call (330) 468-8370 to schedule an appointment.

Fee per hour:

Program \$65 / Resident \$55 / Member \$45

If you choose to bring your own personal trainer to the Rec Center, a \$15 per student facility fee will be charged to the trainer.

If a trainer is not a member, a daily admission fee will also be charged.

Land Fitness Activities

Indoor Cycling

Instructor: Evenings: John Hornyak
Mornings: Tanya Cady
Location: 2nd Floor Cycling Area

Let our instructors lead you through a fun and challenging cardio strength workout. Cycling indoors will simulate cycling outdoors with sprints, climbs and cadence drills. The music and instructor will motivate you to get your legs to pedal. This workout is ideal for both the beginner and the experienced rider because you choose your own level of intensity. Be sure to bring a towel and a bottle of water.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/7 classes)			
	Sept. 7 - Oct. 19	6:00 - 7:00 a.m.	Tues
		7:30-8:30 p.m.	Tues
	Sept. 8 - Oct. 20	5:30-6:30 pm.	Wed
	Sept. 9 - Oct. 21	7:30-8:30 p.m.	Thurs
	Fee: Program \$44/Resident \$37/Member \$30		
Fall I (8 weeks/7 classes) <u>No Class the week of Nov. 22</u>			
	Oct. 26 - Dec. 14	6:00 - 7:00 a.m.	Tues
		7:30-8:30 p.m.	Tues
	Oct. 27 - Dec. 15	5:30-6:30 pm.	Wed
	Oct. 28 - Dec. 16	7:30-8:30 p.m.	Thurs
	Fee: Program \$44/Resident \$37/Member \$30		

Saturday Indoor Cycling

Instructor: John Hornyak
Location: 2nd Floor Cycling Area

A stimulating and challenging ride while achieving both a cardio and strength workout on the bike. We simulate sprints, climbs and cadence drills as we ride along to motivating music. This workout is ideal for both the beginner and the experienced rider because you choose your own level of intensity. This is a great way to cross train and maintain your biking strength during the winter months. Be sure to bring a towel and a bottle of water. Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/7 classes)			
	Sept. 11 - Oct. 23	8:30-9:30 a.m.	Sat
	Fee: Program \$44/Resident \$37/Member \$30		
Fall II (8 weeks/7 classes) <u>No Class the week of Nov. 22</u>			
	Oct. 30 - Dec. 18	8:30-9:30 a.m.	Sat
	Fee: Program \$44/Resident \$37/Member \$30		

Rock Hard Abs

Instructor: Jill Barry

This 45 minute class will get you on your way to looking like a rock star! Class will focus on toning the abdominals and will incorporate the use of weights and stability balls. Lower back work will be included as well.

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/7 classes)			
	Sept. 11 - Oct. 23	8:15 – 9:00 a.m.	Sat
	Fee: Program \$44/Resident \$37/Member \$30		
Fall II (8 weeks/7 classes) <u>No Class the week of Nov. 22</u>			
	Oct. 30 - Dec. 18	8:15 – 9:00 a.m.	Sat
	Fee: Program \$44/Resident \$37/Member \$30		

Relaxation Massage

Massage practitioner: Deborah Stack,
Member ABMP

We offer one-hour or half-hour relaxation massage. Massage after exercise feels wonderful. A relaxing massage helps relieve stress and tension! Treat yourself to an experience that feels great. Register and make your appointment at the front desk. Take the time to enjoy! No drop ins. No coupon.

THE FOLLOWING IS BY APPOINTMENT ONLY
Call (330) 468-8370 to schedule an appointment.

One-hour massage:

Program Fee	Mac. Res. Fee	Member Fee
\$55.00	\$52.00	\$50.00

Half-hour massage:

Program Fee	Mac. Res. Fee	Member Fee
\$35.00	\$32.00	\$30.00

SilverSneakers® Muscular Strength & Range of Movement

FREE CLASS FOR SilverSneakers Members!

Instructor: Angela Moran

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

No drop ins. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/7 classes)			
	Sept. 8 - Oct. 20	10:30 – 11:15 a.m.	W
	Fee: Program \$74/Resident \$60/Member \$46		
Fall II (8 weeks/7 classes) <u>No Class the week of Nov. 22</u>			
	Oct. 26 - Dec. 16	10:30 – 11:15 a.m.	W
	Fee: Program \$37/Resident \$30/Member \$23		

CHECK THE MACEDONIA FAMILY RECREATION CENTER WEBSITE PERIODICALLY! NEW PROGRAMS OR CLASSES WILL BE POSTED.

WWW.MACREC.COM

Land Fitness Activities

Yoga

Instructor: April DeCarlo

Experience the benefits of Yoga while bringing balance to your body and increasing flexibility and strength. Breathing techniques will be integrated into the class to relieve tension, quiet the mind and achieve deep relaxation. All levels are welcome. Dress comfortably; bring a mat and/or blanket. Drop ins welcome. No coupon.

Session	Date (s)	Time	Day
Fall I (7 weeks/7 classes)			

Sept. 7 - Oct. 19 7:30-8:30 p.m. Tues
Fee: Program \$77/Resident \$63/Member \$49

Fall II (8 weeks/7 classes) No Class the week of Nov. 22

Oct.26 - Dec. 14 7:30-8:30 p.m. Tues
Fee: Program \$77/Resident \$63/Member \$49

Special Yoga Drop In Fee:

Program Fee	Mac. Res. Fee	Member Fee
\$12.00	\$10.00	\$8.00

T'ai Chi for Arthritis

Instructor: Ken Owen

Created and backed by the Arthritis Foundation, this program simplifies some of the more demanding movements of traditional Tai Chi. This program focuses on improving range of motion, flexibility and balance. Try a new way of exercise - all that is needed are 45 minutes of your time and an open mind! Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/6 classes)			

Sept. 13 -Oct. 18 10:30-11:15 a.m. Mon
Fee: Program \$36/Resident \$30/Member \$24

Fall II (8 weeks/7 classes) No Class the week of Nov. 22

Oct. 25 - Dec. 13 10:30-11:15 a.m. Mon
Fee: Program \$42/Resident \$36/Member \$30

OOOPS! WE CANCELED A CLASS BECAUSE WE DIDN'T KNOW YOU WERE COMING! SOMETIMES GREAT CLASSES GET CANCELED WHEN TOO MANY PEOPLE WAIT UNTIL THE LAST MINUTE TO REGISTER. PLEASE AVOID DISAPPOINTMENT AND REGISTER EARLY!

Low Impact

Instructor: Shirl Zehner-Schafer

This 45-minute workout consists of toning, firming, stretching and low-impact aerobics. This class will teach the basics of cardio and get you geared up for the challenges of more advanced classes. Routines will be easy to follow. Fitness balls, resistance bands or a walk around the track will keep this class from becoming anything but routine!

Drop ins welcome. Coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/13 classes)			

Sept. 8 - Oct. 20 5:30 - 6:15 p.m. M/W
Fee: Program \$78/Resident \$65/Member \$52

Fall II (8 weeks/14 classes)

Oct. 25 - Dec. 15 5:30 - 6:15 p.m. M/W
Fee: Program \$84/Resident \$70/Member \$56

NEW! Moms in Motion

Instructor: Courtney Micatrotto

Attention Moms: Stretch, strengthen and sculpt your bodies all while spending quality time with your baby and socializing with other moms! This invigorating mommy and me class combines cardio, circuit training, and core exercises designed especially for busy and active moms and will prove that you can get a great workout in with or without a babysitter! Introduce your child to a healthy lifestyle and reclaim or help maintain your pre-pregnancy body. Jogging stroller recommended. Drop ins welcome. No coupon.

Session	Date (s)	Time	Day
Fall I (7 weeks/13 classes)			

Sept. 8 - Oct. 20 9:15 - 10:00 a.m. M/W
Fee: Program \$78/Resident \$65/Member \$52

Fall II (8 weeks/14 classes) No Class the week of Nov. 22

Oct. 25 - Dec. 15 9:15 - 10:00 a.m. M/W
Fee: Program \$84/Resident \$70/Member \$56

Cardio Kickboxing

Instructor: American Academy of Martial Arts

This program is a fusion of basic to intermediate martial arts techniques and includes cardio exercises with the wave master bags. This class incorporates bag drills, body conditioning, aerobic exercises and calisthenics. This class will give you a full body workout!

Session	Date (s)	Time	Day
Fall I (7 weeks/7 classes)			

Sept. 11 - Oct. 23 10:30 - 11:15a.m. Sat
Fee: Program \$44/Resident \$37/Member \$30

Fall II (8 weeks/7 classes) No Class the week of Nov. 22

Oct. 30 - Dec. 18 10:30 - 11:15a.m. Sat
Fee: Program \$44/Resident \$37/Member \$30