

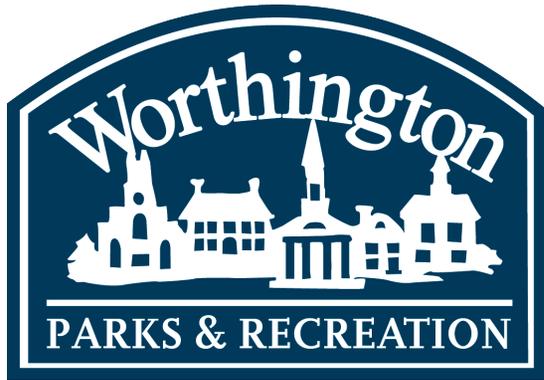
WORTHINGTON PARKS AND RECREATION GROUP FITNESS

All Group Fitness Classes are for those 12 and up

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cardio Fit 8:30 AM Fitness Studio Megan	Strong Fit 6:00 AM Outside* Missy	Barre Fusion 10:30 AM Fitness Studio Ser	Strong Fit 6:00 AM Outside* Courtney	Cardio Fit 9:30 AM Fitness Studio Courtney	Strong Fit 9:30 AM Fitness Studio Lauren	OULA Dance Fitness 10:30 AM Fitness Studio Missy
Dance Fit 5:45 PM Fitness Studio Ser	Fit Yoga 9:30 AM Fitness Studio Courtney	OULA Dance Fitness 5:45 PM Fitness Studio Missy	Fit Yoga 9:30 AM Fitness Studio Ser		Dance Fit 11:30 AM Fitness Studio Sarah	Fit Yoga 4:00 PM Griswold Center Ser
	Strong Fit 5:45 PM Fitness Studio Jen		Basic Line Dancing 6:30 PM Fitness Studio Edie			
			Improver Line Dancing 7:45 PM Fitness Studio Edie			

Single Class Pass		\$8
Our Passes are available in 8 or 16 classes that allow you to attend a Group Fitness Class when it's convenient for you.		
	RESIDENT / MEMBERS PRICE	non-RESIDENT PRICE
8 Class Pass	\$36	\$47
16 Class Pass	\$72	\$94
Our 30 day Unlimited option is the best value and allows you to take a wide variety of classes each week. Passes will be valid for 30 days from date of purchase.		
30 day Unlimited Pass	RESIDENT / MEMBERS PRICE	non-RESIDENT PRICE
	\$40	\$52

*Strong Fit will be held in the North Gym when cold or inclement weather



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Barre Fusion

This class will combine bodyweight strength and conditioning movements with elements of barre, Pilates and yoga for a total body workout. Improve your strength, balance, cardiovascular fitness and flexibility in this one hour class set to motivating music. This class will be low impact and use minimal equipment but will have options for every fitness level.

Cardio Fit

This workout is the perfect solution to end boring workouts. Different cardio formats and strength training exercises will be done in each class offering.

Dance Fit

Work up a sweat as you dance to a variety of upbeat music from around the world. This cardio-based class is suitable for all fitness levels and is so much fun you will forget you are working out!

OULA Dance Fitness

Try this high cardio, super fun, group fitness dance class set to top 40 music that leaves you feeling unstoppable. Like other dance fitness classes, OULA has the repetition that gives each participant the ability to catch on and allow their muscle memory to kick in after the 3rd/4th time in the song. We start with an empowering warm up then build the cardio until we reach the highest point and transition down into a conditioning track and then end with a fulfilling cool down.

Basic Line Dancing

Low impact cardio that enhances your balance, posture, and core strength. Build dancing skills while enjoying fun (but not too loud) music with new friends. Smooth soled shoes encouraged.

Improver Line Dancing *New!*

Ready for more fun with line dancing? We'll add new turns and triples, more interesting rhythms and phrasing, and faster tempo to your dancing. Open to students who have attended eight Basic Line Dance classes. Dance shoes required.

Fit Yoga

This 60 minute class uses elements of yoga to increase overall flexibility and strength with a focus on the muscles of the core. Some Yoga experience recommended.

Strong Fit 45

This 45 minute class combines strength conditioning and athletic drills for an all-star workout. Outside Strong Fit will be held in the north parking lot (beside the Community Garden). In case of inclement weather, this class will move into the North Gym. Please bring your own light, medium, and heavy set of dumbbells. You will also need a thick mat to cushion for pushups and other floor work (we are on the asphalt!). If you are unable to bring your own equipment, equipment can be provided by the instructor. Inside Strong Fit will be held in the Fitness Studio.