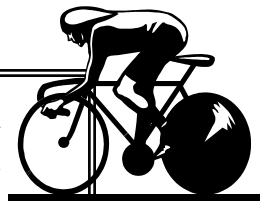


# JANUARY FITNESS CLASSES!

MONDAY 1/9-2/27	TUESDAY 1/10-2/28	WEDNESDAY 1/11-2/29	THURSDAY 1/12-3/1	FRIDAY 1/13-3/2	SATURDAY 1/14-3/3
5:45-6:30a Cycle 45 with Carissa \$38PH/\$50NPH	9:15-9:45a Cycle 30 with Diana \$26PH/\$34NPH	5:30-6:30a Cycle 60 with Diana \$50PH/\$66NPH	9:00-9:45a Step with Carolyn \$50PH/\$66NPH	5:45-6:30a Cycle 45 with Emily \$50PH/\$66NPH	9:00-10:00a Cycle & Strength with Diana \$50PH/\$66NPH
9:15-10:00a Cardio & Strength with Carolyn \$50PH/\$66NPH	9:45-10:15a TRX with Diana \$26PH/\$34NPH	9:00-10:00a Zumba with Macy \$50PH/\$66NPH	9:15-9:45a Cycle 30 with Diana \$26PH/\$34NPH	9:00-10:00a Yoga AM with Leslie \$75.50PH/ \$89.50NPH	10:15-11:15a Zumba with Macy \$50PH/\$66NPH
10:15-11:15a Piloga with Diana \$38PH/\$50NPH	6:00-7:15p *Yoga/Qigong with Steve \$110PH/\$124NPH	10:15-11:00a Total Body Toning with Stephanie \$50PH/\$66NPH	9:45-10:15a TRX with Diana \$26PH/\$34NPH	10:15-11:00a Dance Sampler with Leslie \$75.50PH/ \$89.50NPH	
5:30-6:15p Tabata with Megan \$38PH/\$50NPH	6:15-7:00p Step with Carolyn \$50PH/\$66NPH	4:30-5:00p Creative Movement with Leslie \$38.75PH/ \$45.75NPH	10:30-11:30a Piloga with Diana \$50PH/\$66NPH	<p>Register today at 1245 W. Newton Rd 419-354-6223 or online at <a href="http://www.bgohio.org">www.bgohio.org</a> or by following the QR code below</p>  <p>Classes run for 8 weeks (6 weeks for most Monday classes) PH=Pass Holder Price; NPH=Non-Pass Holder Price</p> <p>*Class held at Simpson Building located on 1291 Conneaut Ave</p> 	
6:30-7:15p Circuit 45 with Megan \$38PH/\$50NPH	7:00-8:00 Zumba with Macy \$50PH/\$66NPH	5:15-6:00p Dance Technique with Leslie \$75.50PH/ \$89.50NPH	6:00-7:15p *Yoga/Qigong with Steve \$110PH/\$124NPH		
7:15-8:00p Cycle 45 with Carissa \$38PH/\$50NPH		5:30-6:00p Cycle 30 with Diana \$26PH/\$34NPH	5:30-6:15p Minute Madness with Julie \$50PH/\$66NPH		
7:30-8:00p Guts & Butts with Stephanie \$20PH/\$26NPH		6:00-6:30p TRX with Diana \$26PH/\$34NPH	6:15-7:15p Interval Fit with Julie \$50PH/\$66NPH		
		6:45-7:45p Pilates with Diana \$50PH/\$66NPH	7:30-8:00p Guts & Butts with Nickie \$26PH/\$34NPH		
		6:45-8:00p *Yoga PM with Leslie \$94PH/108NPH			

# CLASS DESCRIPTIONS & PRICES



# FITNESS, YOGA & DANCE

## **Total Body Toning: \*\$9PH/\$11NPH**

Tone those muscles by gaining strength and endurance in this total body strength training class.

## **Circuit 45: \*\$9PH/\$11NPH**

Challenge yourself by switching continuously from cardio to strength training stations in order to keep your heart pumping and body guessing.

## **Tabata: \*\$9PH/\$11NPH**

A high intensity interval class combining strength and cardio. Work through 8 moves of 20 seconds on 10 seconds off, eight times each.

## **TRX: \*\$5PH/\$6NPH**

Improve your strength and balance using only your body weight with suspension training. TRX can be modified for all fitness levels.

## **Step: \*\$9PH/\$11NPH**

Beginning with a basic step and progressing into using the double step, achieve great cardio health as well as muscle tone.

## **Guts & Butts: \*\$5PH/\$6NPH**

Focus on your core and lower body muscles in a quick but challenging 30 minutes. Using a variety of equipment to tone each muscle group, this class will leave you feeling the burn.

## **Minute Madness: \*\$9PH/\$11NPH**

Perform 30 easy-to-follow 1 minute intervals of cardio and strength followed by 15 minutes of ab work and stretching. This high-intensity class is challenging but can be easily modified.

## **Zumba: \*\$9PH/\$11NPH**

Zumba is a high energy cardio dance workout that is easy to follow and fun to learn. Fusing Latin and International music you will follow along to the beat while getting in shape.

## **Interval Fit: \*\$9PH/\$11NPH**

Get a total body blast with this 60-minute class that incorporates three challenging segments: 4 minutes of cardio, 3 minutes of legs and 2 minutes of arms.

## **Cycle 30: \*\$5PH/\$6NPH**

On a time crunch or nervous to commit to 45 minutes of cycling? This class is the same as 45 but less time and money.

## **Cycle 45: \*\$9PH/\$11NPH**

A great legs and lung workout! Each bike has a weighted wheel for you to decide the intensity level during this simulated bike ride.

## **Cycle 60: \*\$9PH/\$11NPH**

Push yourself for a full one hour ride to start your morning right.

## **Cycle and Strength: \*\$9PH/\$11NPH**

Spend the first 30 minutes on the bike for a great cardio workout and finish with weights targeting arms and abs for a full-body workout.

## **Creative Movement: \*\$6.75PH/\$7.75NPH**

This class will develop children's creative abilities while learning basic elements of dance including awareness of the body, space and time. Comfortable clothing recommended.

## **Dance Technique: \*\$13.50PH/\$15.50NPH**

Children will learn the foundations of dance through ballet terminology, dance principles, and body awareness. Leotards, tights and ballet shoes recommended.

## **Dance Sampler: \*\$13.50PH/\$15.50NPH**

This course offers series of classes in ballet, jazz and modern dance for the adult new to dance or continuing dancer who wants to refine technique. Guaranteed to provide a cardio workout, increased flexibility and coordination.

## **Pilates: \*\$9PH/\$11NPH**

Move through an integrated sequence of movements at a steady pace to improve strength, flexibility and balance. Various props incorporated.

## **Piloga: \*\$9PH/\$11NPH**

Combine yoga poses with Pilates mat exercises to build strength and enhance flexibility and balance.

## **Yoga AM: \*\$13.50PH/\$15.50NPH**

Start your day off right with this gentle yoga routine. Physical benefits of practicing yoga include stretching muscles, awakening the body, improving circulation, and stimulating the mind.

## **CLASSES AT SIMPSON**

### **Yoga PM: \*\$17PH/\$19.50NPH**

This class helps transition from day to night through releasing muscular tension, decompression, slowing down and focusing inward.

### **Yoga/Qigong: \*\$17PH/\$19.50NPH**

Integrate Hatha Yoga postures with the 4 Baskets of Qigong. Further enhance the meditative awareness of the Yoga postures through visualization and recognizing sensations.

**\*Price for Single Class Visit (Space Permitting):**

**PH=Pass Holder Price; NPH=Non-Pass Holder Price**

**Make-Up Policy: If you miss a class you may attend another class as a make-up at any time within the same session that you are enrolled in, space permitting .**