THE NATATORIUM
COMMUNITY • WELLNESS • RECREATION
CITY OF CUYAHOGA FALLS

Land Group Fitness 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:45am-G TRX Strength Natalie	5:45-6:45am- Spin Studio (Community Wing) Spinning - Danielle	5:45-6:45am-G Insane Cardio Natalie	5:45-6:45am- Spin Studio (Community Wing) Spinning -Danielle	5:45-6:45am-G Cardio/Strength Lindsay	8:00-9:00am- Spin Studio (Community Wing) Spinning Chermanda
8:00-9:00am-B Cardio HiLo Impact Brenda	5:45-6:45am-A Tone It Up Lindsay	7:00-8:00am - A Stretch & Mobility Geyza ***NEW TIME***	7:45-9:15 am-B Yoga Linda		8:00-9:00am B All Levels Yoga Julie S.
8:15-9:00am-G Barre Barb / Jenn B.	7:45-9:15 am-B Yoga Linda	8:00-9:00am-G Chisel Brenda	8:30-9:30am A Piyo (Pilates/Yoga) Sarah D.	8:15-9:00am-G Silver Sneakers® Classic Judy C	8:15-9:00am-G Chisel Heidi
9:00-10:00am - A Yoga – Intermed. Vinyasa Cindy (11/16)	8:15-9:00am-G Silver Sneakers® Classic Judy C	9:15-10:05am-B Drum It Out Brenda	9:45-10:30am A Cardio Wave Sarah D.	9:00-9:45am-B Core Stretch Julie S	9:15-10:15am-G Zumba Barb
9:15-10:15am-G Kickboxing Sarah D.	9:15-10:15am-G *Silver* Cardio/Chisel Jen C	9:15-10:15am-G Strength/Cardio Chelsea	9:15-10:15am-G *Silver* Chisel/Ball Brenda	9:15-10:15am-G Zumba Jenn S	
9:15-10:15am-B Zumba Jenn S	9:30-10:30am-B Stretch & Flex Jamie		9:30-10:30am-B Barre Combo Julie S.	9:15-10:15am- Spin Studio (Community Wing Spinning -Jacqui	9:30-11:00am – B Body-Mind Harmony *Martial Arts* (Paid) Gary
9:15-10:15am- Spin Studio (Community Wing) Spinning - Jacqui		10:30--11:30am-G *Silver* Fitness Sarah D		10:30--11:30am-G *Silver* Fitness Jen C	
10:30-11:30am-G *Silver* Fitness Sarah D	10:30-11:30am-G Boot Camp Geyza	10:30-11:30am – B Silver Strength Chelsea	10:30-11:30am-G Boot Camp Geyza	10:00-11:00am-B Strength/Cardio Chelsea	10:30-11:30am-G Boot Camp Geyza
10:30-11:30am – B Silver Strength Chelsea		11:45-12:30pm - G Silver Strength & Balance Sarah D.		11:45-12:30pm - G Chair Yoga Jessica	Karate Kids-G (Paid) 11:45am-12:45pm Ray
11:45-12:30pm - G Chair Yoga Jenn B.					Karate – G (Paid) 1-3pm Todd

Evening Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:15-5pm –B Pilates Jamie	4:30-5:30pm B (Paid) Tai Chi-Beginner Gary	5:00-6:00pm-G Intermediate Yoga – Ron			
5:00-5:50pm G All Levels Yoga Ron		5:30-6:30pm- Spin Studio (Community Wing) Spinning -Dana			
5:30-6:30pm- Spin Studio (Community Wing) Spinning - Dana	5:45-6:30pm-B Pilates Brenda	4:45-5:45pm-B (Paid) Tai Chi-Advanced Gary	5:00-5:45pm-G Cardio Drum & Strength Megan		
6:00-7:00pm-G Zumba Ann	5:00-5:45 pm-A Cardio Wave Sarah A. (Begins 11/3)	6:00-7:00pm-B (Paid) Tai Chi-Intermediate Gary	6:00-7:00pm-A Stretch/Strength- Tonya / Geyza		
	6:15-7:00 pm-G HIIT-Kettlebell Sarah A.	6:15-7:00pm-G Zumba Barb	6:15-7:05pm-G Chisel Heidi		
	6:00-7:00pm-A Step (Begins 11/3) Christy	7:15-8:00pm A Barre -Begin Barb	6:00-7:00pm – B Line Dance Jordan		
6:00 – 7:00pm B Bosu HIIT Beth	7:15-8:15pm-G Hip Hop Ann				
Karate-B (Paid) 7:15-8:30pm Todd	7:15-8:45pm – B Body-Mind Harmony *Martial Arts* (Paid) Gary	Karate- B (Paid) 7:15-8:30pm Todd	7:15-8:45pm – B Body-Mind Harmony *Martial* *Arts* (Paid) Gary		*Instructor subject to change

"Silver" Classes are geared toward, but not limited to active, older adults. Some classes are taught from a chair & others are quite active. Generally music tempo & transitions are softer.
Karate/Karate Kids/Tai Chi/ Body-Mind Harmony programs have fees attached. Adult Karate, Tai Chi & Body-Mind Harmony classes require Natatorium memberships.

Cardio Workouts

Boot Camp-50-60 min Intense drills and workout stations, no choreography
BOSU™ HIIT-50 min high intensity interval training class, using the BOSU
Cardio, Hip Hop, Line Dance-45 min class of non-stop, high energy line dancing with a hip hop flare.
Cardio/Strength-60 min-high intense cardio intervals alternating with strength segments
Cardio Wave – 45 min high to low cardio training (kickbox/step/various cardio exercises)
Drum It Out-50 min. cardio class, involving both an upper & lower body workout using Drumsticks &Theraballs.**Cardio Drum & Strength** includes strength training with weights.
Spinning-50 min Taught by certified instructors on indoor bikes in our exclusive Spinning Room. All fitness levels.
Insane Cardio- 50 min non-stop intense cardio class. Recommended for strong cardio conditioned participants only.
HIIT Bootcamp- 60 minute class using high intensity interval training in a modified boot camp style class.
Kettlebell (Core)–60 min high intensity strength and cardio utilizing different weights of kettlebells. The core class focuses on functional strength and conditioning.
Kickboxing - 60 min. high intensity floor cardio utilizing martial arts style movements.
Totally Fit – 60 min. class that's a combination of strength & cardio exercises using weights, resistance tubing, bars, & med balls.
Zumba 50 min -A fusion of Latin and International music with easy-to-follow dance moves creating a dynamic aerobic class that works the entire body--no weights used.

Strength and Toning Workouts

Barre Combo-60 min Pilates style core movements, flexibility, strength with a variety of equipment including weights, rings, balls & bands.
Chisel-60 min-strength class targeting **all** the major muscle groups of the body to improve muscular endurance and strength.
Cardio- 60 min high intensity cardio with total body strength training
Core/Strength/Balance-50 min. Class targets total body core and strength, no cardio.
Pilates-60 min class involves a basic series of exercises upon which the entire Pilates method is built. Simple props such as Pilates rings, straps and small balls may be used to help develop alignment and activation of core muscles.
Silver Cardio/Chisel-60 min class in which the mature participant will use light hand weights, body weight, and mats to improve functional strength, flexibility, and balance. Strength segments are interspersed with simple cardio patterns.
Silver Chisel/Ball-60 min class in which the mature participant will use light hand weights and Theraballs, body bars, and mats for overall functional strength and balance.
Silver Fitness -60 min of strengthening exercises for your whole body in one class, created with the mature exerciser in mind. Chairs are available if needed.
Silver Sneakers®- 45 min class of toning and/or cardio (chairs used for balance).
Silver Strength & Balance – 45 min class using light weights & bands. Chairs are available. All levels are welcome.
Stretch & Flex – 60 min class concentrating on stretching, strengthening & balance building using a combo of yoga, barre & body weight techniques.
Tone It Up- 60 min- high intensity strength and toning**.**

Yoga

Please bring your own personal mat and towel.
Beginning Yoga, a variety of poses and alignments, a continuous class
Intermediate (Vinyassa) -The unique linking of one Asana (posture) to the next in continuous flow, orchestrating balance and breathing techniques.
Chair Yoga –Poses & breathwork using a chair for support. Increase flexibility & strength.
Gentle Stretch & Strength -low impact stretching/strength building with static holds. No weights used. Improves flexibility, balance & mobility in a calm & supportive environment.
Piyo – Fast paced, low impact that blends core strengthening & muscle sculpting principles of Pilates with the flexibility & strength of yoga – full body cardio and toning workout.
Stretch & Mobility-stretching to improve daily mobility.

Paid Classes-fees must be paid before the first class

Karate- Promoting confidence, control, strength, flexibility, and cardio fitness. Classes run in three month blocks. **Natatorium Membership required**
Karate Kids- 8 week class sessions on Saturdays from 11:45-12:45, for children ages 7-9. Classes start at the beginning of each month**. No Natatorium membership required.**
Tai Chi -The Ancient art of Chinese Tai Chi improves flexibility, balance & core strength 3 month sessions, Beginning, Intermediate & Advanced classes are available.
Body-Mind Harmony – Students interested in the Chinese Martial Arts of Tai Chi, Bagua, Baji, Zingyi, Praying Mantis & Qigong. Classes run in 3 month sessions.**Nat membership required.**

PrivateLessons

Fees, health history forms, trainer information online/Front desk
A Private training room for Pilates and Personal training is located in the Conference area.
Personal Training-Private, one hour training sessions with a certified personal trainer.
Team Personal Training-Private personal training sessions (min/ max 2) with a certified personal trainer
Pilates Reformer-Private one hour session on the Pilates Reformer with a certified trainer.