

**THE**  
**NATATORIUM**  
COMMUNITY • WELLNESS • RECREATION  
CITY OF CUYAHOGA FALLS

Land Group Fitness 2026

We recommend bringing water / towel \*\* schedule & instructors subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:45am-G TRX Strength Natalie	5:45-6:45pm-A Spinning Danielle (effective 4/28)	5:45-6:45am-G Insane Cardio Natalie	5:45-6:45pm-A Spinning Danielle (effective 4/30)	5:45-6:45am-G Cardio/Strength Lindsay	8:00-9:00am-A Spinning Chermanda
8:00-9:00am-B Cardio HiLo Impact Brenda	7:45-9:15 am-B Yoga Linda	8:00-9:00am-G Chisel Brenda	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.	8:15-9:00am-G Silver Sneakers® Classic Judy C	9:15-10:05am-B Drum It Out Brenda		8:15-9:00am-G Silver Sneakers® Classic Judy C	8:15-9:00am-G Chisel Heidi
9:15-10:15-G Kickboxing Sarah D.		9:15-10:15am-G Strength/Cardio Sara R		9:00-9:45am-B Core Stretch Julie S	9:15-10:15am-G Zumba Barb
9:15-10:15am-B Zumba Jenn S	9:15-10:15am-G Silver Cardio/Chisel Jen C		9:15-10:15am-G Silver Chisel/Ball Brenda	9:15-10:15am-G Zumba Jenn S	
9:15-10:15am-A Spinning Jacqui	9:30-10:30am-B Stretch & Flex Jamie		9:30-10:30am-B Barre Combo Julie S.	9:15-10:15am-A Spinning Jacqui	10:00-11:30am – B Body-Mind Harmony Martial Arts (Paid) Gary
10:30-11:30am-G Silver Fitness Sarah D		10:30-11:30am-G Silver Fitness Sarah D		10:30-11:30am-G Silver Fitness Jen C	
10:30-11:30am – B Silver Strength Chelsea	10:30-11:30am-G Boot Camp Sara R		10:30-11:30am-G Boot Camp Sara R	10:30-11:30am-B Strength/Cardio Sara R	10:30-11:30am-G Boot Camp Geyza
11:45-12:30pm - G Chair Yoga Jenn B.		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 Todd
					Karate – G (Paid) 1-3pm Todd

**Evening Fitness Classes**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:15-5pm –B Pilates Jamie		5:00-6:00pm-G Intermediate Yoga Ron			
5:00-5:50pm G All Levels Yoga Ron	5:00-6:00pm-G Totally Fit Sharon	5:30-6:30pm-A Spinning Molly			
5:30-6:30pm-A 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		6:00-7:00pm-B (Paid) Tai Chi-Beginning Gary	6:00-7:00pm-B Gentle Stretch & Strength –Tonya		
	6:15-7:00 pm-G HIIT-Kettlebell Sarah A.	6:15-7:00p-G Zumba Barb	6:15-7:05pm-G Chisel Heidi		
6:00 – 7:00pm B Bosu HIIT Beth	7:15-8:15pm-G Hip Hop Line Dance James	7:15-8:15pm-G Power Sculpt James			
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		

**“Silver”** Classes are geared toward, but not limited to active, older adults. Each Silver class has its own personality & intensity level. Some classes are taught from a chair, & others are quite active. Generally tempo, transitions & volume are softer in all Silver classes.

**Karate/Karate Kids/Tai Chi/ Body-Mind Harmony** programs are unique & 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

**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.

**Power Sculpt- 60 min-** high intensity strength and toning.

**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.

### 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.

### 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 that helps improve flexibility, balance & core strength  
Classes run in 3 month sessions, both Beginning and 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.**

**Nat-Abilities**-Designed for children of all abilities -school ages 7 & up. Fitness, coordination & recreational activities. (10 weeks / 60 minutes). **No Natatorium membership required.**

### Private Lessons

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.