

<u>Zumba</u>	Age 16 – Adult *Tentative	Tuesdays, 9:30-10:30 a.m. Tuesdays*, 7-8 p.m. Thursdays, 9:30-10:30 a.m.	6/8 – 8/31 6/8 – 8/31 6/3 – 9/2	Power Pass class Power Pass class Power Pass class	Carol Mancuso To be determined* Carol Mancuso
<u>Pilates</u>	Age 16 – Adult Age 16 – Adult	Mondays, 9:15-10:15 a.m. Wednesdays, 10:05-10:50 a.m.	6/7 – 6/28 6/16 – 7/21	Power Pass class Power Pass class	Carol Mancuso Class is at the Gazebo
<u>Core Strength for Seniors</u>	Age 16 – Adult Age 16 – Adult	Tuesdays, 11-11:50 a.m. Tuesdays, 11-11:50 a.m.	6/7 – 8/30 7/9 – 7/30	Power Pass class Power Pass class	Gloria Booker Gloria Booker
This class for seniors works on developing and maintaining core strength. Most of this class is done in a seated position on stools. Seniors can work to integrate the parts into a whole in order to gain strength, range of motion, movement patterns, coordination and to increase neuromuscular control. These core exercises are used often in physical therapy settings.					
<u>Tai Chi</u>	Beginners: Intermediate:	Mondays 10-11 a.m. Mondays 11 -Noon	6/7 – 8/30 6/7 – 8/30	Power Pass class Power Pass class	Michael Stadul Michael Stadul
<u>Stretch & Tone</u>	Age 16 – Adult Age 16 – Adult	Fridays, 11:15 a.m. -12:15 p.m. Mondays, 9:15-10:15 a.m.	6/4 – 7/2 7/5 – 7/26	Power Pass class Power Pass class	Carol Mancuso Carol Mancuso
<u>20-Minute Bun Blast</u>	Age 16 – Adult	Tuesdays, 10:30-10:50 a.m.	6/8 – 8/31	Power Pass class	Carol Mancuso
This 20-minute class will target your buns and thighs.					
<u>20-Minute Ab Blast</u>	Age 16 – Adult	Thursdays, 10:30-10:50 a.m.	6/3 – 9/2	Power Pass class	Carol Mancuso
This 20-minute class will focus on getting and maintaining rock hard abs.					
<u>Body Blast</u>	Age 16 – Adult	Saturdays, 10:15-11 a.m.	6/12 – 7/17 (no class on 7/3)	Power Pass class	To be determined
This 45-minute class will focus on buns, thighs and abs.					

ADULT AND FAMILY SPORTS PROGRAMS

Core Strength for the Adult Athlete – COMING IN JULY!

This is a class for golfers, runners, cyclists, tennis players and other adult athletes designed to strengthen their core-muscle groups. The class builds on the fundamentals of Pilates and Gyrokinesis. These disciplines are used by professional athletes to help improve core body movement, agility and range of motion. This class will help adult athletes connect with their core, which increases muscle fluidity and reduces injury. This class is taught by a certified instructor of both Pilates and Gyrokinesis.

Co-Ed Kickball League starts in July. Games will be played on weekends! Check back for more information.

Family Kickball FUN FOR THE WHOLE FAMILY: Up to 3 families can join together to form a team. Games are played on Saturday mornings in July and August.

Men's Softball Session 2 leagues start in mid-June. We still have room for two more teams!

Fall Softball Coed and Men's leagues available. Registration starts June 15. Leagues will play at Groza on Sunday mornings and early afternoon.

Outdoor pool opens Memorial Day weekend!

Did you know that the outdoor pool can be rented for your private party? Call for details.

Fun for the Whole Family at the Outdoor Pool

Dates and Times to be Announced

Luau Party (Ages 10-14)

Aloha! Every guest receives a lei and a tropical drink. Listen to music and have fun swimming with your friends.

Splish-Splash Pool Party Bash (Ages 5-9)

Find treasure at the bottom of the pool, make a fun craft, and cool off with a snow cone.

Family Pool Party (Beach Blanket Bingo)

Fun for the whole family! Play some bingo, swim in the pool, enjoy some snacks and have some quality family time.

NEW! Girls Night Out - Private Group Exercise Class

Did you know that you could reserve the Group Exercise Room for your own private group fitness class? Enjoy a Girls Night Out at the Berea Rec Center. Experience a group exercise class of *your* choice with a group that you have handpicked. All you have to do is assemble your very own dream team of friends and pick a class. We'll supply the space and the instructor. Your package can include a private swim after your workout (including the steam room, hot tub and sauna) and light refreshments.

FOR RAINOUTS AND SCHEDULING CHANGES, PLEASE CALL OUR NEW ACTIVITY HOTLINE – 440-234-6020!

FOR REGISTRATION INFORMATION, CALL THE REC AT 440-826-5890 OR VISIT WWW.BEREAOHIO.COM

BEREA RECREATION....JUST FOR THE HEALTH OF IT.

Classes, dates, times and instructors are subject to change.