



# SHAKER HEIGHTS

## Free Fitness in the Park Summer Wellness Series

### Boot Camp Conditioning

This exciting Boot Camp Conditioning workout, designed to sculpt and define your body, blends cardio, weight, and bodyweight resistance based exercises to get you in incredible shape quickly while you have fun doing it. No matter your fitness level, this program will tone your abs, back, arms, and thighs. You'll see amazing results as you get stronger, leaner, and feel more energized with this fun, rewarding workout. Bring a yoga mat and dumbbells to class. Rain location will be at the Thornton Park Community Room.

### Cardio, Cuts and Core

Cardio, Cuts, and Core is a fun, energetic exercise training class for all levels. Participants will focus on improving cardiovascular endurance, muscular strength, and flexibility to build a strong heart, lose fat, and tone muscle while working out to upbeat music. Bring a mat, hand weights, and positive attitude!

### Stroller Strides

Stroller Strides is a total fitness program that moms with stroller-aged children can do with their babies. It includes power walking and intervals of strength and body toning exercises using exercise tubing, the stroller and the environment. Taught by certified and specially trained fitness instructors, it is a great workout for any level of exerciser. Stroller Strides instructors weave songs and activities into the routine designed to entertain and engage baby, while moms are led through a series of exercises specific to her role as mom.

### Yoga in the Park

Join your neighbors for a beginner-friendly combination of improved physical, mental and spiritual health in a beautiful Shaker park setting. Yoga will be held at a different park each week, please wear comfortable clothes and bring a mat, towel and water bottle.

July			
TU, 18	8 am	Hatha Yoga	Ludlow School
TH, 20	6 pm	Hatha Yoga	Thornton Park—Tennis Courts
TU, 25	8 am	Hatha Yoga	Gridley Triangle
WE, 26	9:30 am	Stroller Strides	Horseshoe Lake Park
TH, 27	6 pm	Hatha Yoga	Southerly Park

August			
TU, 1	8 am	Hatha Yoga	Winslow Park
TH, 3	6 pm	Hatha Yoga	Colonnade
TU, 8	6 pm	Cardio, Cuts and Core	Chelton Park
SA, 12	8 am	Cardio, Cuts and Core	Sussex Park
SA, 12	9 am	Boot Camp Conditioning	Gridley Triangle
TU, 15	6 pm	Cardio, Cuts and Core	Thornton Park
WE, 16	6 pm	Boot Camp Conditioning	Gridley Triangle
SA, 19	8 am	Cardio, Cuts and Core	Gridley Triangle
SA, 26	9 am	Boot Camp Conditioning	Gridley Triangle

### City of Shaker Heights | Recreation

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