



Fitness Class Schedule

January 6th — April 7th

	Location	Monday	Tuesday	Wednesday	Thursday
North	Colerain Elementary 499 E. Weisheimer Road				4:15 p.m. - 5:00 p.m. Yoga Gym
	Devonshire Project Adventure Elementary School 6286 Ambleside Drive				4:00p.m. - 4:45 p.m. Cardio Hip Hop Gym
Central	Central Enrollment Center 430 Cleveland Avenue	4:45 p.m. - 5:30 p.m. Yoga Atrium <i>* No Class 1/20</i> <i>* No Class 2/17</i>			4:45 p.m. - 5:30 p.m. Zumba Atrium
	Columbus Gifted Academy 100 West 4th Avenue		4:15 p.m. - 5:00 p.m. Yoga Middle School Gym		
East	East Columbus Elementary 3100 East 7th Avenue	4:30 p.m. - 5:15 p.m. Zumba Gym <i>* No Class 1/20</i> <i>* No Class 2/17</i>			4:30 p.m. - 5:15 p.m. Zumba Gym
	Sherwood Middle School 1400 Shady Lane Road		4:15 p.m. - 5:00 p.m. Cardio Hip Hop Auditorium		
South	Cedarwood Elementary 775 Bartfield Drive				4:00 p.m. - 4:45 p.m. Yoga Cafeteria/ Stage
West	Georgian Heights Elementary 784 Georgian Drive		4:00 p.m. - 4:45 p.m. Yoga Music Room <i>* No Class 2/11</i>		
	Sullivant Elementary 791 Griggs Avenue		4:00 p.m. - 4:45 p.m. Total Body Circuit Gym		

Brought to you by the CCS Wellness Initiative.

For questions contact Smita Yerramilli at 614-365-6152 syerramilli@columbus.k12.oh.us

Classes will be cancelled for the following:

January 20 — Martin Luther King Jr. Day February 17 — Parent Teacher Conference (Georgian Heights ES only)

February 17— Parent Teacher Conferences

Meet Your Instructors

Jennifer: Jennifer began practicing yoga in college and became a registered yoga instructor (RYT 200) with the Yoga Alliance in March of 2013. Jennifer has practiced many different types of yoga including Ashtanga yoga, Vinyasa yoga, Yin yoga, Anusara yoga, Iyengar yoga, and Kripalu yoga and has dabbled in Acro yoga, Aerial yoga and Stand Up Paddle Board Yoga. Jennifer recently became a licensed Zumba instructor after many years of attending Zumba classes and can't wait to share her love of Zumba (even to those who profess to have two left feet.)

Kris: Kris is a E-RYT 200, and RYT 500 yoga instructor who enjoys teaching all practices of yoga. She leads participants in the moving postures that energize the body. She also enjoys that yoga offers rejuvenating and restorative poses.

Lana: Lana is a certified personal trainer and group fitness instructor with seven years of experience in teaching various types of Zumba and group fitness classes.

Laura: Laura has a great love for dance! Her passion for dance is what encouraged her to become a dance instructor. She looks forward to spreading her love for Hip Hop with you.

Lesley: Lesley has applied Yoga and Alexander Technique since 1993, with an emphasis in anatomy, physiology, and working with yourself through limitations. She personally experienced complete rehabilitation from two herniated lumbar discs using yoga and meditation. She enjoys connecting with people and finds helping others learn yoga to be deeply gratifying. She does not just lead classes, she teaches participants to understand and be confident in their technique.

Lynnette: Lynnette is a certified Group Fitness Instructor (AFAA) with certifications in WERQ® and Yoga (AFAA). In addition, Lynnette has been a licensed physical therapist for over 18 years. She is enthusiastic with assisting everyone she instructs to reach their greatest potential.

Shannon: Shannon has a great love for well-being and fitness. She has spent the majority of her career in the wellness industry. She has been teaching classes for over 10 years.

Class Descriptions

Cardio Hip Hop: Hip Hop is funky dance style that features aerobic dance moves, coordination, footwork, high energy, and of course fun! This class is fun for participants of all ages!

Total Body Circuit: Learn total-body strength training techniques to enhance strength, raise metabolism, and sculpt the body. Strength class in a circuit format!

Yoga: Yoga is great for all skill levels. You will learn basic poses, relaxation techniques, and terminology that you will find in almost every style of yoga. This class involves stretches and balancing exercises, accompanied with proper breathing and alignment cues.

Zumba: Dance your way fit! By using a fusion of Latin, Reggae, Hip-Hop, Bollywood and Pop music, this class is guaranteed to get your heart pumping and hips shaking. All fitness levels are welcome.

**Always consult a doctor before starting any exercise program. All classes are FREE!!
Please remember to bring a water bottle & towel or mat for any class that includes floor exercises.**