REMINDERVILLE
COMMUNITY CENTER

Facility Guide



3100 Glenwood Blvd, Reminderville, Ohio 44087

(234) 212-9773

Facility Hours
Monday-Friday 5:30 AM -8:30 PM
Saturday - Sunday 8:00 AM -7:00 PM

General Facility Rules and Regulations

Rules and policies are posted and/or distributed to all Reminderville Community Center users. The authority to enforce these policies is vested in the City of Reminderville Recreation Staff and Administrative personnel responsible for facilities and programs. Violations of rules, malicious use or defacing of property, solicitation , verbal abuse, or other violations of the Reminderville Community Center or recreation program policies will not be tolerated. The Recreation staff reserves the right to make discretionary adjustment to disciplinary action depending on the circumstances which may include suspension or revoking patron privileges. Patron disciplinary policies will be enforced.

Unacceptable Conduct Discipline is necessary when any patron exhibits unacceptable conduct. Examples of unacceptable conduct but not limited to are:

- Abuse or intentional misuse of the Reminderville Community Center equipment and property
- Abusive or foul language
- Disregarding Reminderville Community Center rules and policies
- Engaging in dangerous activity
- Fighting or threatening harm to others
- Lack of respect for the Reminderville Community Center staff (i.e. ignored requests, intimidation, verbal threats, physical threats, etc.)
- Lack of respect for other members and/or patrons
- Misuse of a Reminderville Community Center membership barcode/QR code
- Non-payment of Reminderville Community Center membership, program or service fees
- Sexual Harassment
- Solicitation
- Theft
- Use of alcohol, drugs, or tobacco
- Vandalism

Membership Rules and Regulations

Scan for Membership Information

- **Memberships are Non-Refundable, Non-Cancellable and Non-Transferable.**
- All patrons utilizing the facility must have a valid membership or must be registered for a scheduled program or rental.
- Memberships may only be purchased or renewed by an adult 18 years and older.
- All Members must swipe in at point of entry, including those under the age of 18.
- All Members must have a current picture on file.
- If you allow in a non-member, your membership will be revoked without refund.
- No animals permitted in the building except those designated as a service animal. Documentation of this service may be requested by our staff for verification.
- No outside personal trainers are permitted to train at this facility.

Member General Attire Requirements

- Appropriate athletic or workout attire is required.
- Shirts/tops/pants must be worn at all times.
- Closed-toe athletic shoes are required in all fitness and gym areas.
- Non-marking shoes are required on gym courts.
- Proper swim attire required at all times in Pool/Splash Pad areas.
- Swim diapers required for children not potty trained in Pool/Splash Pad areas.

Inclement Weather Policy

In the event of severe or inclement weather and/or if the Twinsburg City School District or the Aurora City School District closes for severe/inclement weather, all Reminderville Community Center scheduled classes, programs, and administrative and operational meetings will be canceled to ensure the safety of our members, guests, and staff. This information will be communicated via the Reminderville Community Center website, text alert system, and social media outlets. The facility will remain open during regular operating hours unless otherwise stated as the Reminderville Community Center is a designated warming center for the residents of the City of Reminderville. The 24/7 Access will remain available to members 18 years and older. Members are encouraged to use their best judgement when deciding to visit. Please use extreme caution if you must be outdoors.

24/7 Access Room Policies

After Hours Access Available: (Mon-Fri 8:30pm-5:30am) (Sat-Sun 7:00pm-8:00am)

- You must be a member 18 years and older to use the 24/7 area after hours.
- If you are a member and bring in a Non-Member, your membership will be revoked without refund.
- Proper conduct and general behavior are expected at all times.
- Surveillance cameras are in use for your safety at all times.
- For emergencies, please call 911.
- Personal headphones only. No speakers or personal radios.

AGE POLICIES

- **Adults 18 and Older**
  - Full Access to the entire facility including the 24/7 Area after hours.
- **14-17 Year Olds**
  - Full access to the entire facility during normal operating hours.
  - **MAY NOT** use the 24/7 Area after hours.
- **11-13 Year Olds**
  - May use the basketball courts, running track and pool **WITH direct supervision from an Adult Member 18 years and older in the same room.**
  - May use the 24/7 Fitness Area, Turf Area and Cycle bikes upstairs **WITH direct supervision from an Adult Member 18 years and older in the same room** after completing the Teen Weight Room Orientation.
  - **MAY NOT** use the 24/7 room area after hours.
- **10 Years of Age and Younger**
  - May use the basketball courts, running track, and pool **WITH direct supervision from an Adult Member 18 years and older in the same room.** The Adult Member must be in the same area/floor.
  - **MAY NOT** use the 24/7 Room, turf area, and cycling bikes upstairs.
  - **MAY NOT** use the 24/7 area after hours.
- **Program Participants**
  - Any aged program participant may remain in the building without an adult if they are actively engaging in an organized activity being overseen by a trainer, coach or Reminderville Community Center Employee. Once the activity has ended, anyone 13 years of age or younger must be accompanied by an adult in the building in the same room at all times.
  - ***Non-Members must leave the building immediately following the conclusion of their activity regardless of age.***

Restroom & Locker Room Policies

Scan for More Information

- **General Rules**
  - Respect all members and staff at all times.
  - Use appropriate language and behavior.
  - Bring your own lock *(The Reminderville Community Center is not responsible for lost or stolen items).* **All items must be removed daily.**
  - Any locks left overnight may be cut and items removed.
  - No loitering, locker rooms are for changing and personal use only.
  - Be mindful of personal space and privacy.
  - Clean up after yourself. Dispose of all trash in designated bins.
  - Do not leave towels, clothing, or toiletries behind.
  - Report spills or maintenance issues to staff immediately.
  - No photography or video recording.
  - No inappropriate behavior or harassment of any kind.
  - No use of alcohol, drugs, or smoking/vaping.
- **Shower Rules**
  - **Showers are for members only.**
  - Wear shower shoes/flip flops for safety.
  - Do not shave, dye hair, or perform grooming that clogs drains.
  - Use of tanning products are prohibited.
  - Turn off water after use. **Wet floors may be slippery, please use caution.**
  - Do not leave towels, clothing, or toiletries behind.
- **Adult Members 18 and Older**
  - Full Access to the entire facility including the 24/7 Area after hours.
- **Members 14-17 Years Old**
  - Full access to the entire facility during normal operating hours. MAY NOT use 24/7 Area After Hours.
- **Members 13 years and Under**
  - Children ages 13 and under must be directly supervised at all times by an Adult Member age 18 and over at the Reminderville Community Center.
  - **MAY NOT use 24/7 Area After Hours.**

24/7 Fitness Area Policies

Scan for More Information

- **Members ONLY allowed in Fitness Area. Must be 14 or older to use any fitness equipment.**
- **Members ages 11-13 may use the 24/7 room WITH direct supervision from an Adult Member 18 years and older, after completing the Teen Weight Room Orientation.**
- **Members ages 10 and younger may NOT use the fitness area.**
- Clean, dry, and closed toe shoes are required. Please visit the main lobby or locker rooms to change your shoes.
- Wipe equipment after each use with the provided disinfectant wipes or spray.
- Use equipment at your own risk and as intended.
- If people are waiting to use equipment, please limit your time to 30 minutes for each piece of equipment.
- All bars should be stripped after use. All weight plates & dumbbells should be re-racked in the appropriate place.
- No food permitted in the Fitness Area.
- Appropriate attire is required at all times.
- Proper conduct and general behavior are expected at all times.
- Please dispose of all trash.
- The Reminderville Community Center is not responsible for any lost or stolen items.

Upstairs Fitness Area Policies

Scan for More Information

(Turf Area Aerobics Room & Cycle Area)

- **Adult Members 18 and Older**
  - Full Access to the entire facility including the. 24/7 Area after hours.
  - May participate in ALL Group Fitness Classes.
- **Members 14-17 Year Olds**
  - Full access to the entire facility during normal operating hours.
  - **MAY NOT** use the 24/7 Area after hours.
  - May participate in ALL Group Fitness Classes.
- **Members 11-13 Year Olds**
  - May use the Upstairs Areas including the Turf Room, Aerobics Room and Cycle Bikes, WITH direct supervision from an Adult Member 18 years and older in the same room after completing the Teen Weight Room Orientation.
  - **MAY NOT** participate in ALL Group Fitness Classes.
  - **MAY NOT** use the 24/7 Area after hours.
- **10 Years of Age and Younger**
  - **MAY NOT** use the Upstairs Areas including the Turf Room, Aerobics Room and Cycle Bikes.
  - **MAY NOT** use the 24/7 Area after hours.
  - **MAY NOT** participate in ALL Group Fitness Classes.
- Clean, dry, and closed toe shoes are required. Please visit the main lobby or locker rooms to change your shoes.
- Wipe equipment after each use with the provided disinfectant wipes or spray.
- Use equipment at your own risk and as intended.
- If people are waiting to use equipment, please limit your time to 30 minutes for each piece of equipment.
- All weight equipment should be put back in the appropriate place.
- Proper conduct and general behavior are expected at all times.
- Throwing any fitness equipment or objects against the wall is permitted only on the designated Turf Room Area.

Track Policies

Scan for More Information

- **Members must be 14 years and older to enter the Track. Children ages 13 years and under must be directly supervised and accompanied by an Adult Member 18 years and older at all times in the same room.**
- Clean, dry, and closed toe shoes are required. Please visit the main lobby or locker rooms to change your shoes.
- The Track is designed for fitness use only. No speed work or sprinting allowed.
- Please be courteous when passing others. Walk/Run in the Right Lanes and pass on the Left Lanes.
- Strollers are NOT permitted on the Track.
- Spectating activities from the Track area is prohibited.
- **12 Laps = 1 Mile.**

Gym Court Policies

Scan for More Information

- **Adults 18 and Older**
  - Full Access to the entire facility including the 24/7 Area after hours.
- **14-17 Year Olds**
  - Full access to the entire facility during normal operating hours.
  - **MAY NOT** use the 24/7 Area after hours.
- **11-13 Year Olds**
  - **May use the basketball courts WITH direct supervision from an Adult Member 18 years and older in the same room. Supervision from the Track Area is not permitted.**
  - **MAY NOT** use the 24/7 room area after hours.
- **10 Years of Age and Younger**
  - May use the basketball courts WITH direct supervision from an Adult Member 18 years and older in the same room. Supervision from the Track Area is not permitted.
  - **MAY NOT** use the 24/7 Room or the Upstairs Fitness Areas.
  - **MAY NOT** use the 24/7 area after hours.
- You must wear proper gym shoes. No street shoes permitted.
- NO FOOD OR DRINKS other than water PERMITTED. MUST dispose of all trash.
- Please be advised that playing music out loud on speakers or any device are prohibited in the entire facility. Please use headphones or earbuds as a courtesy to other members.
- Full court basketball games are prohibited.
- Proper conduct and general behavior are expected at all times.

Natatorium Policies

Scan for More Information

(Pool & Splash Pad Areas)
Hours: Mon-Fri 5:30 AM - 8:00 PM / Sat-Sun 8:00 AM - 6:30 PM

- **Adult Members 18 and Older**
  - **Full Access to the Natatorium.**
- **Members 14-17 Year Olds**
  - **Full access to the Natatorium.**
  - **May enter and use the pool WITHOUT adult member supervision.**
- **13 years and Younger**
  - **May enter the Pool and Splash Pad Areas WITH direct supervision from an Adult Member 18 years and older in the same room.**
- Proper swim attire only permitted in the pool. Swim diapers are required.
- Street shoes are not permitted in the pool area or splash pad.
- **No Lifeguard on Duty.**
- **Horseplay and running are not permitted in the Pool or Splash Pad area.**
- **Diving, flips and backflips are not permitted in the pool area.**
- **Please return all Pool Exercise Equipment after use to their designated areas.**
- Parents are encouraged to observe any scheduled program from the viewing area.
- Current Channels must be used for lap swimming only. Remotes must be signed out at the front desk.

Kids Club Policies

Scan for More Information

- **Tot Express** - Must be a member ages 2-12 to participate.
  - Must be toilet trained.
- **Before & After School Care Program** - Offered to students grades K-6th. Please scan the QR Code for more information.
- **Camps** - Offered to children grades 1st-6th. Please scan the QR Code for more information. Completion of Kindergarten is required.

Group Fitness Guide

Age Requirement for All Fitness Classes
Must be Members 14 Years and Older

Class Descriptions and Intensity Levels

LOW

SENIOR CLASSIC
Monday/Thursday 11:00 AM
Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement, and activities for daily living.

BEGINNER TRX
Monday 8:30 AM
*(**Must have a TRX demo class, before taking this class!**)*
We'll focus on proper alignment in basic exercises. Combining core strengthening, balance, and proper breathing using stability and vector principles. Great class if you have difficulty getting up and down from the floor.

Circl' Mobility
Tuesday 9:45 AM / Tuesday 6:15 PM/ Thursday 6:15 PM / Saturday 11:00 AM (30 min Class)
Circl' Mobility is a fitness class that focuses on improving overall mobility and flexibility. Exercises are designed to mimic everyday motions and improve ability to perform daily activities with ease. Breathing techniques are incorporated to enhance relaxation and body awareness. It helps to reduce tension and stiffness. It is set to custom produced music that not only sets a relaxing tone but incorporates special beats proven to improve focus and reduce stress. This class is suitable for people of all fitness levels, with available modifications.

Aqua Pilates w/Allison
Monday/Friday 11:00 AM
Dive into a workout that is tough on your core but gentle on your body. Aqua Pilates utilizes water resistance to create an alignment-focused, total-body conditioning experience. We will target the abdominals, lower back, and glutes to improve posture and functional strength while using the water's buoyancy to safely increase your flexibility and joint mobility. Whether you are recovering from an injury, looking for a joint-friendly sweat session, or wanting to challenge your balance in a whole new way, this class is for you.

CHAIR YOGA
Tuesday 12:00 PM / Thusday and Friday 1:00 PM
Yoga movements are performed with a chair for stability in this 1-hour class. Poses and flows promote balance, strength, and flexibility while breath and relaxation practices bust stress.

SENIOR TRX
Tuesday 11:00 AM
*(**Must have a TRX demo class, before taking this class!**).*
This 45-minute TRX Suspension Training Class is designed for seniors. This class is a full body workout that will build lean muscle, increase cardio endurance, improve balance and flexibility. Come have fun and be challenged. All exercises can be modified for accessibility.

FUNCTIONAL FITNESS
Monday 5:00 PM
Complete body workout focused on small muscle toning, strength and balance using a variety of equipment. Low impact class with intervals into fat-burning heart rates. Great class for all fitness levels!

Aqua Fitness w/Allison
Tuesday 11:00 AM
Aqua fitness is a low-impact, high-energy workout in a pool, using the water's resistance to build strength, improve cardiovascular health, and enhance flexibility and balance. The buoyancy of the water reduces stress on joints, making it ideal for those with arthritis, injury recovery, or those seeking a gentle yet effective workout. With the added benefit of water's cooling effect, participants can engage in intense physical activity without overheating. The class is set to upbeat music, creating a fun, motivating environment for all participants.

WELLNESS YOGA
Wednesday 7:00 PM
Yoga poses practiced standing and seated on choice chair or mat to enhance flexibility, strength, balance, and mindfulness. This hybrid approach allows all levels to participate, with the support of a chair as helpful. Class concludes with breath-work and guided relaxation. 1 hour class.

Aqua Fit w/Tracey
Wednesday 6:00pm / Friday 6:00pm
This is an Aqua Fit class that introduces a dynamic, instructor-led water aerobics class that provides a total-body workout. By combining cardio, strength training, and balance exercises, participants use the natural resistance of water to build muscle and improve endurance while staying completely easy on the joints. No Swimming Required: Most Aqua Fit classes take place in chest-deep shallow water or utilize flotation belts in the deep end, so advanced swimming skills aren't needed.

Core & Restore
Sunday 5:45 PM
Fire up your powerhouse and melt away tension in this perfectly balanced, 30 minute hybrid class. The first half is dedicated to dynamic, strength-building core work designed to stabilize your spine, define your midsection, and improve functional posture. In the second half, we shift gears into deep, restorative full-body stretching to release tight muscles, improve flexibility, and lower your stress levels. It's the ultimate combination of effort and ease—leaving you feeling strong, aligned, and entirely refreshed. All fitness levels are welcome.

Aqua Dance
Monday/Friday 12:00 PM
Aqua Dance is a fun, full-body pool workout that combines choreographed dance routines with water resistance to deliver a high-energy, low-impact cardiovascular workout, accessible for all ages!

MEDIUM

BARRE
Saturday 8:15 AM
Using a ballet barre, light weights, bands and a Pilates ball, this class incorporates isometric strength training and targets all muscle groups. Includes some cardio movements with non-jumping options to lift the heart.

BARBELL BEATS
Sunday 4:45 PM / Friday 4:30 PM
Music driven, full-body workout using a barbell, bench, and dumbbells. Perfect for building muscular strength and endurance and sculpts lean, defined muscles. Routines are music inspired and incorporate different tempos to the beat throughout the class.

On the Rebound
Sunday 4:00 PM/ Monday & Friday 9:30am/ Saturday 9:15 AM
A mini trampoline class (also known as rebounding) is a fun, low-impact workout that takes place on a small, individual trampoline. These classes combine cardiovascular exercise, balance exercises and more to give participants a full-body workout while minimizing the stress on the joints. This class is lots of fun, music driven, core focused and strength training with light dumbbells is also included!

TRX BLAST
Friday 9:30 AM
*(**Must have a TRX demo class, before taking this class!**)*
Come have FUN and be CHALLENGED during this 45-minute TRX suspension training class. Full body workout that will build lean, burn fat, increase cardio endurance, and improve flexibility. All exercises can be modified for you to get the results you want!

Strength and Stretch
Thursday 5:00 PM
30-40 minutes of focused strength by muscle groups followed by an extensive stretching session.

Bootcamp
Monday 6:15 PM
The Bootcamp class focuses on strength and stamina. Pairing dumbbell exercises with explosive, high-intensity intervals to fire up your metabolism and sculpt lean muscle. It's a fast-paced, sweat-drenched environment where the music is loud and the energy is even higher. Come prepared to push your limits, find your new personal best, and leave everything on the floor!

Chair One Fitness
Friday 3:30 PM
A fun, inclusive, music-driven seated workout combining cardio, strength, mobility and dance-inspired movement. All fitness levels welcome with modifications offered throughout.

Kettlebell
Wednesdays 5:15 PM
This is not your typical weightlifting routine! Kettlebell AMPD takes heart-pumping, popular music and your favorite kettlebell moves, combining them into calorie-torching fun. Choreographed directly to the beat, this program uses lightweight kettlebells (typically 5–15 lbs) in both traditional and non-traditional ways to create a high-repetition, full-body workout. All fitness levels are welcome—get ready to lose yourself in the music and push your limits!

ZUMBA
Tuesday 7:00 PM / Thursday 7:00 PM / Saturday 10:00 AM
Latin inspired cardio-dance workout that uses music and choreographed steps to form a fitness party atmosphere. It is low-in-tensity and high-intensity moves for an interval style, calorie - burning fitness party!

Cardio Pilates
Monday & Friday 8:30am / Wednesday 6:00 PM
Cardio Pilates is a high-energy, low-impact class that merges traditional Pilates core-strengthening exercises with fast-paced cardiovascular movements. Light dumbbells, bands and Pilates balls will be used. This class is suitable for all levels.

INTERMEDIATE TRX
Tuesday 9:30 AM / Thursday 8:30 AM
*(**Must have a TRX demo class, before taking this class!**) Focuses on proper alignment in basic exercises with increased challenges, in strength and endurance. Combining core strengthening, balance, and proper breathing using stability and vector principles. Adding simple props such as hand weights, body disc, Thera-band. WITH a floor mat routine.* ***TRX HIIT is a high interval intensity training class.***

HIGH

SENIOR STRENGTH ELITE
Wednesday 11:00 AM
This class will focus on cardio endurance, toning muscle, and building overall strength. This is a bit more challenging than Senior Classic and will not use a chair, but mats and other equipment will be used.

STRENGTH CARDIO CORE
Sunday 9:00 AM
Have fun with this fun-filled, action-packed workout! This workout combines great low-impact cardio, challenging strength moves, and intense core workout. This is an interval format, changing the focus after each exercise. This class is for all ages and fitness levels!

CYCLING
Tuesday /Thursday 6:00 AM & 6:00 PM
Cycle is a fun Spin class that uses music and tempo along with resistance or a flat road, to encourage riders and help improve cardiovascular endurance, muscular strength, joint stability, and mental wellness. Riders are in control of their resistance knob and this class is suitable for all fitness levels!