An integral part of projects by the Lorain County Metro Parks are the partnerships formed within the community. Through these partnerships, residents are able to take advantage of several recreational and cultural offerings around Lorain County. The Mercy Health & Recreation Center is no exception and includes partnerships with several local organizations in order to better serve the area residents.

Throughout the country, hospitals and park systems have collaborated to build and operate facilities. This is done to fully utilize space and equipment. Recreation centers are often busiest in the early morning before 8 a.m. and in the evenings after 5 p.m. and on the weekends. The down time in a recreation center is between 8 a.m. to 5 p.m. Health providers operate between these hours. Therefore, the marriage of these organizations to share space and equipment allows for greater utilization and cost effectiveness.

With services provided by both organizations, this facility will be a one stop shop for many as they visit the medical offices and utilize the fitness equipment and pools to improve their lives and recover from medical procedures. Both organizations will offer educational programming about health and wellness for visitors.
LITE MOVES - A low-impact aerobic class perfect for the beginning exerciser or those looking for a more moderate workout. The moves are fun but not too fancy so everyone can do them! Spend the first half hour working up a sweat w/ fun cardio moves then finish off with sculpting and toning using dumbbells and tubes.

YOGA - This 5,000 year old health and fitness discipline offers many health benefits including stress reduction, emotional wellness, improved strength, flexibility, balance, and postural alignment. Yoga incorporates the mind/body/spirit connection. In this class you will learn yoga postures that will exercise every part of the body. You will learn proper breathing techniques that help prevent internal anxiety. This is a Yoga class that EVERYONE can do! *(Yoga mat required)*

BODY WEIGHT CARDIO – Burn fat and build muscle with resistance training using all body weight exercises. Squats, lunges, push ups, planks and more! It's cardio, strength, core, and flexibility all in one class using your own body weight. Every exercise can be made easier or more challenging to accommodate every fitness level. This class is low-impact but not low intensity. This interval workout will give you a great "afterburn" for burning extra calories even after the workout is over!

CARDIO STRENGTH - The focus of this class is to build strength and muscle definition while getting your heart rate up to burn the fat! Get your heart pumping with total body strength exercises that will define your muscles and make you stronger. Using dumbbells and medicine balls you will strengthen your muscles, your heart and your core in one workout! The class ends with a METABOLIC FINISHER that will leave you...well...finished in about 4 minutes of work that will blast the fat and give you a great AFTERBURN! All exercises can be made easier or more challenging to accommodate all fitness levels.

CARDIO KICKBOX - Punch, jab and kick free standing punching bags then get down on the floor and give me some mountain climbers! This interval style class incorporates kickboxing using the bags with bodyweight cardio exercises for a great workout that will burn lots of calories while building total body strength...including your core!

ZUMBA - A fusion of Latin and International music-dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness dance themes creating a fun, easy, effective dance party! No two classes are ever the same! It's fun! It's easy! It's different! It's effective!

POWERR PILATES - 30 minutes of rapid fire Pilates. Work the total core for increased strength and stamina in just 30 minutes! *(Yoga mat required)*

INDOOR CYCLING - Burn lots of calories in this no impact, high intensity cardio class. Whether its Hills, Intervals or Combos, ride to great music that will get your legs and heart pumping as your instructor guides you through all 4 zones, from warm-up to giving it everything you’ve got! Whether you are a beginner or advanced rider, you will work at your level. *(Towel and water bottle recommended)*

HIIT SPIN - (HIGH INTENSITY INTERVAL TRAINING) - Research has proven that you can burn just as many calories and fat and get all the same conditioning effects from short, intense work intervals as you can with longer endurance style workouts! And the BONUS...you get AFTERBURN with HIIT! Check out HIIT SPIN and get all these great benefits in this 30 minute indoor cycling class! *(Towel and water bottle recommended)*

VIRTUAL SPIN - An instructor on the Big Screen will guide you through your favorite rides – Hills, Intervals, Combos or HIT.

*The above classes are included in the unlimited annual Fitness Program*