CLEVELAND FLOW
Fitness Studio
LGBT Center of Greater Cleveland
Overview

Cleveland Flow was born to support the Cleveland community through fitness and body movement. We are minority-owned business who believe that health is individual and personal experience, based in the social determinants of health. Our instructors and trainers lead people to achieve their fitness goals by offering group exercise classes, body movement, strengthening, and community health workshops.

Mission and Vision
Our mission at Cleveland Flow is offering community of fitness, body movement, and health with empathy, care and trust. Our goals are:

- To enhance the quality of life in the Cleveland community and other communities we serve.
- To deliver high quality group exercise and body movement with experienced fitness leaders
- To connect members to themselves through movement
Our Story

ClevelandFlow was founded by Danielle Klassen, a exercise specialist, group exercise instructor and dance enthusiast, who wanted to serve her Cleveland community. Every body is different, and ClevelandFlow is committed to personalized fitness that everyone can fit into their lifestyle.

Our Team

Danielle Klassen, B.S. CWP
Founder/ Fitness Instructor/Dance Exercise Instructor

TBD
Yoga Instructor

TBD
Chief Operations Director
Employees often spend several hours a day seated at their desks, and it can be challenging to incorporate exercise when faced with a hectic schedule. Lack of exercise and a sedentary lifestyle have a negative impact on mood, work performance, and long-term health.

The ClevelandFlow offers Step, Choreoaerobics, strength training and Bootcamp that are tailored for groups. We offer a variety of classes in the afternoon and evening, and can set up private sessions to customize your workouts. Aside from physical fitness, we have also factored in a stress-reduction component, which includes meditation and mindfulness techniques.
Program Offerings - Start Date 9/1

This program is to offer weekly classes for adults to promote fitness, mental health and well-being.

**Dance Exercise** - Low impact dance exercise. Similar to Zumba with a focus on jazz dance technique. Yoga mat required. Dance shoes are best (ballet, jazz), socks or bare feet.

**Step & Strength** - Aerobic step class that builds cardio and strength. Sneakers and yoga mat required.

**Seated Step & Strength** - This aerobic step class that is seated. This class is designed to help all people that have injuries; chronic conditions, and limited movement. Sneakers required.

**Pricing**

This program is to offer weekly classes for adults to promote fitness, mental health and well-being. ClevelandFlow will provide equipment.

$25.00 per class

$200.00 per year equipment (Steps, therabands, music, etc)
## Sample Schedule

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day(s) and Time(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step &amp; Strength</td>
<td>Mondays 6:00pm</td>
</tr>
<tr>
<td>Dance Exercise</td>
<td>Thursdays 6:00pm</td>
</tr>
<tr>
<td>Seated Step &amp; Strength</td>
<td>Tuesdays 10:00am</td>
</tr>
</tbody>
</table>