

December 2025

UH Community Wellness Center at Glenville

10527 Orville Avenue
Cleveland, Ohio 44106

Registration appreciated. Register for Events at "UH Community Wellness Center at Glenville" on Eventbrite.

Hours of Service:

Mondays: 10 a.m. – 6 p.m.

Tuesdays: 10 a.m. – 6 p.m.

Wednesday and Friday : as scheduled for programming

Thursdays: 11 a.m. – 7 p.m..

Food for Life: Mondays and Tuesdays 9 a.m. – 5 p.m. by appointment only.

Register for Events at "UH Community Wellness Center at Glenville" on Eventbrite

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Yoga with Stephanie 10 am to 11 am Beginners Ballroom with Linda 5-7	2 55 and over aerobics 11:15 am - 12 noon *Cooking demo at Otis Moss 12pm Cooking exploration with Veronica 5:30pm Yoga with Stephanie 6:00 pm	3	4 55 and over aerobics 1: 00 - 2:00 pm Skin and Hair Screening free 5:00 pm - registration* Hidden Financial Agendas Workshop 6:00 pm - 8:00	5 Beginner AND Intermediate Ballroom with Linda 12 to 2pm	6
7	8 Yoga with Stephanie 10 am to 11 am Beginners Ballroom with Linda 5-7	9 55 and over aerobics 11:15 am - 12 noon Cooking exploration with Veronica 5:30pm Yoga with Stephanie 6:00 pm	10	11 55 and over aerobics 1: 00 - 2:00 pm Line dancing with Shanae 6:00 pm	12 Beginner AND Intermediate Ballroom with Linda 12 to 2pm Cooking demo with Chef Paul 2pm	13
14	15 Yoga with Stephanie 10 am to 11 am Beginners Ballroom with Linda 5-7	16 55 and over aerobics 11:15 am - 12 noon Cooking exploration with Veronica 5:30pm Yoga with Stephanie 6:00 pm	17 Vigilant safety with Eric Evans 1:30pm	18 55 and over aerobics 1: 00 - 2:00 pm Holiday Open House event feat. Chef Barnes 3:00 pm	19 Beginner AND Intermediate Ballroom with Linda 12 to 2pm	20
21	22 Yoga with Stephanie 10 am to 11 am	23	24 Christmas Eve Closed	25 Merry Christmas Closed	26 KWANZAA Staff Retreat	27
28	29 Yoga with Stephanie 10 am to 11 am	30 Restorative Yoga & sound bath 6:00 pm	31 NEW YEAR'S EVE Closed			

*Off site program

Wellness Center Weekly (month) Programming

UH Community Wellness Center at Glenville
10527 Orville Avenue
Cleveland, Ohio 44106

Registration required for all events in red. Register for Events at
"UH Community Wellness Center at Glenville" on Eventbrite.

Hours of Service:

Mondays: 10 a.m. – 6 p.m.

Tuesdays: 10 a.m. – 6 p.m.

Thursdays: 10 a.m. – 5 p.m.

Saturdays: Open the 1st Saturday of each month: 10 a.m. – 2 p.m.

Food for Life: Mondays and Tuesdays 9 a.m. – 5 p.m. by
appointment only.

Cooking Demonstration

Join Executive Chef Dashon Barnes for an engaging cooking demonstration that blends culinary expertise with a focus on health and wellness. Explore the rich history behind favorite dishes, learn tips for "recipe rehab" to make meals healthier, and gain practical insights for creating flavorful, nutritious dishes that support a balanced lifestyle. This interactive experience is perfect for anyone looking to elevate their cooking while prioritizing wellness. Come hungry for knowledge and inspiration!]

note that Cooking Demonstrations will return in the fall

Restorative Yoga & Sound Bath

A sound bath is a deeply immersive experience where soothing tones from instruments like gongs, singing bowls, and chimes wash over you, creating a meditative space that promotes relaxation, stress relief, and inner balance. Join us and let the sound guide you to calm and clarity.

Yoga with Stephanie

Discover the benefits of yoga in a welcoming class designed for everyone, regardless of age or experience. This session focuses on gentle stretches, mindful breathing, and simple poses to promote flexibility, strength, and relaxation. Whether you're new to yoga or a seasoned practitioner, our all-ages class offers a supportive space to unwind, connect, and enhance overall well-being. Participants can do chair or mat yoga. Bring your own mats or we will have mats available for use.

Line Dancing

Join us after work for a fun, full-body workout that combines dancing with fitness! Our Line Dancing Fitness Class will get you moving, improve coordination, and lift your mood—no partner needed, but friends are welcome! **Note that line dance will return in the fall**

Yoga with Stephanie

Experience the benefits of yoga in a welcoming class for all ages and abilities. Enjoy gentle stretches, mindful breathing, and poses to promote relaxation and well-being. Choose chair or mat yoga—mats provided or bring your own!

Dance Fitness with Shanae

Get ready to move, groove, and sweat in this high-energy dance fitness class led by Shanae! Designed for all fitness levels, this fun and dynamic session blends dance moves with a full-body workout to boost your mood, improve coordination, and keep you energized. No dance experience required—just bring your enthusiasm and a desire to have fun!

The Art of Grief - Art Therapy

Discover healing through creativity in "The Art of Grief," a wellness class that explores grief and trauma through the lens of art therapy. This class provides a safe and supportive space to express emotions, process loss, and find pathways to resilience...

55+ Age with Vibrancy Aerobics

Stay active and energized while Ageing with Vibrancy, a fun and uplifting aerobics class designed for adults 55 and over! This low-impact class combines gentle stretches, rhythmic movement, and light dance to improve flexibility, balance, and cardiovascular health. Set to an enjoyable mix of music, Offers a welcoming environment where you can move at your own pace while staying active and connected.

Step Aerobics

Get ready to move, groove, and sweat in this high-energy dance fitness class led by Shanae! Designed for all fitness levels, this fun and dynamic session blends dance moves with a full-body workout to boost your mood, improve coordination, and keep you energized.

Call 216-237-5017 to sign up for any session. Walk-ins welcome . Find us on EventBrite!