

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
BOOTCAMP 5:30am-6:15am Gym Marie	Boot Camp 6am-6:55am Gym Marie	BOOTCAMP 5:30am-6:15am Gym Rahim	Bender Barre 6am-7am Studio A Marie	BOOTCAMP 5:30am-6:15am Gym Rahim		
Power Pump 6am-6:55am Studio A Diane	* Reformer 1/2 7am-8am Studio B Marie/Darla	Total Body 6am-6:55am Studio A Diane	*Reformer Trapeze 2 7am-8am Studio B Marie	Total Body 6am-6:55am Studio A Diane		
Power Yoga 2 7am-8am Studio A Lainie	Bender Barre 8:15am-9:15am Studio A Darla/Marie	Yin Yang Yoga 2 7am-8am Studio A Deana P.		Power Yoga 2 7am-8am Studio A Lainie	Yoga Flow 7:30am-8:45am Studio A Deana P.	
*Reformer Trapeze 7am-8am Studio B Marie	Spin Challenge 9am-10:30am Studio B Jen H	Boot Camp 9am-10am Studio A Andrea T	*Reformer Trapeze 2 8:30am-9:30am Studio B Mike	*I.N. Fun 8:45-9:30 Studio B Lori	*Reformer Trapeze 2 8am-9am Studio B Mike	
*I.N. Fun 9am-9:45am Studio B Lori	* Reformer Trapeze 2 10:40am-11:40am Studio B Marie					
HIIT 9:15am-10 am Gym Julie		Spinning 9:30am-10:30am Studio B Patty M	Yogalates 9:30am-10:30am Studio A Tetyana	Spinning 9:45am-10:45am Studio B Jamie	Tabata 8am-9am Gym Kathie	Spin Challenge 9am-10:30am Studio B Jen H
	Cardio YoPi 9:30-10:30am Studio A Tetyana		Intro to Spin 9:45am-10:15am Studio B Jan	HIIT 9:15am-10 am Gym Jan	Bender Barre 9:05am-10:05am Studio A Marie	
All Levels Hatha Yoga 9:30am-10:30am Studio A Diana	Core & More 10:35am-11:15am Gym Jen	Country Line Dancing 10:35am-11:35am Studio A Ruth	Zumba Gold 10:35am-11:35am Studio A Julie	All Levels Hatha Yoga 9:30am-10:30am Studio A Diana	TRX Boot Camp 9:15am-10:15am Gym Kari	Pilates Mat 10am-11am Studio A Kari
Spinning 10am-11am Studio B Jamie/Keisha	Chair Yoga 1 10:45am-11:45am Studio A Parmjit	*Pilates Reformer 2/3 10:35am-11:35am Studio B Lynne	TRX 10:30am-11am Gym Jan	Zumba 10:35am-11:35am Studio A Julie	Spinning 9:30am-10:30am Studio B Megan T.	Hatha/ Yin Yoga 1 11:30am-12:30pm Studio A Tetyana
Zumba Gold 10:35am-11:35am Studio A Julie		Ball, Balance, Bosu 11:45am-12:30pm Studio A Lynne			Power Pump 10:10-11:10am Studio A Marie	
Ball, Balance, Bosu 11:45am-12:30pm Studio A Lynne S	Yoga Flow Stretch 1 12pm-1pm Studio A Parmjit	Easy Hatha 12:45pm-1:45pm Studio A Tetyana	Body Sculpt 11:45am-12:30pm Studio A Julie		*Reformer Trapeze 2 11:35am-12:35pm Studio B Marie	
Everything Class 12pm-1pm Gym Andrea T			Arthritis Land 1:30pm-2:30pm Studio A Pam D	Chair Yoga 1 12pm-1pm Studio A Parmjit		
Tai Chi 1:15pm-2:45pm Studio A Kathy	Arthritis Land 1:30pm-2:30pm Studio A Tracy			Everything Class 12pm-1pm Gym Andrea T		
	TRX Boot Camp 5:25-6:25 p.m. Gym Kari		HIIT 5:30pm-6:30pm Studio A Megan T.	Tai Chi 1:15pm-2:45pm Studio A Kathy		
Spinning 5:30pm-6:30pm Studio B Rahim	Spinning 6pm-7pm Studio B Chip	Spinning 5:30pm-6:30pm Studio B Jen H	*Reformer Trapeze 6:30pm-7:30pm Studio B Mike			
*Reformer Trapeze 6:35pm-7:35pm Studio B Mike		Gentle Hatha Yoga 5:35pm-6:35pm Studio A Parmjit	Easy Yoga / Meditation 1 6:40pm-7:40pm Studio A Parmjit			
Yoga Flow Stretch 2 6:35pm-7:35pm Studio A Corinne		All Levels Hatha Yoga 7:05pm-8:05pm Studio A Diana				

<b>KEY</b>
Dance
Mind-Body
Muscle
Spinning
NEW CLASS!

**Facility Hours:**

Monday-Thursday 5:15 a.m.-10 p.m.

Friday 5:15 a.m. - 9 p.m.

Saturday 7 a.m. – 7 p.m.

Sunday 7 a.m. – 6 p.m.

All classes are free aside from Pilates Reformer

\*Fee Based: Pilates Reformer/Trapeze

Group Fitness Department (513) 246-2606

Pavilion Front Desk (513) 985-0900

**\*\*Aquatic Group Exercise -  
See Pool Schedule\*\***

Group fitness classes and instructors are subject to change. Last minute cancellations may occur due to unavoidable circumstances.

**Arthritis Land (1)** Gentle movement improves flexibility and range of motion, helps maintain muscle strength. Taught by an AEA Arthritis certified instructor.

**Ball Balance Bosu (2,3)** Flexibility and strength exercises using stability ball and bosu.

**Bender Barre (2,3)** Uses the barre and a variety of equipment in a body-sculpting circuit.

**Body Sculpt (all levels)** Strength and toning exercises utilizing a variety of equipment to increase muscle tone. Little to no cardio.

**Boot Camp (2,3)** Total body workout improves strength and cardiovascular fitness using interval training. Challenges all major muscle groups.

**Cardio YoPi (2,3)** Yoga and Pilates combined with light cardio improves flexibility, core strength, increases cardiovascular endurance. \*Gym shoes recommended.

**Core (all levels)** Strengthens core muscles in a half hour class.

**Everything Class (3)** Cardiovascular interval training ending with stretching.

**H.I.I.T. (2,3)** High Intensity Interval Training focusing on functional compound movements for full body training.

**Line Dance (all levels)** Light dance class using country music. Gym or street clothes, gym shoes or cowboy boots.

**Power Pump (2,3)** Uses hand weights and body bars to tone and strengthen major muscle groups including the abs.

**Spin Challenge (2,3)** 1 ½ hour spinning class for the intermediate to advanced rider who wants an intense workout.

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**Spin Express (all levels)** ½ hour spinning class for those looking to torch calories in half the time.

**Intro to Spin (1)** ½ hour spinning class for our actively aging participants that want to try something new!

**Stretch & Balance (1,2)** Emphasizes core strength through balance and stretching using all muscle groups.

**TRX Boot Camp (all levels)** Suspension training on specialized equipment.

**Tabata (2,3)** High intensity interval workout. Exercises change every four minutes.

**Total Body (2)** Intense muscular endurance exercises utilizing a variety of equipment.

**Weight Circuit (all levels)** Aerobic and strength circuits tone and improve endurance.

**Zumba (2,3)** Low and high intensity dance fitness choreographed to Latin-inspired music.

**Zumba Gold (1,2)** Zumba modified for baby boomers and older participants.

## MIND BODY – Pilates, Tai Chi, Yoga

**\*I.N. Fun (Improved Neurological Functioning)** Gentle 30 minute reformer trapeze class for those with neurological conditions, limited mobility or stamina. Limit 3.

**Pilates Mat (2,3)** Floor class designed to increase flexibility, strengthen core muscles.

**\*Pilates Reformer (all levels)** Exercises on the reformer machine promote length, strength, flexibility and balance.

**\*Reformer Trapeze (1,2)** Reformer using tower and trapeze. Prior Reformer experience required.

**\*Reformer Trapeze (2,3)** Advanced Pilates reformer with trapeze and tower.

**Tai Chi (all levels)** Easy to learn basic moves to improve balance and reduce the risk of falling.

### Yoga Levels

**Yoga 1** Gentle yoga for beginners, but all levels welcome. Classes include Chair, Gentle Hatha, Hatha/Yin, Easy Yoga & Meditation, Yoga Flow Stretch.

**Yoga 2** Intermediate poses and sequences. Classes include Ashtanga, Hatha, Hatha/Yin, Power Yoga, Yin Yang.

**Yoga 3** Advanced variations of poses. Classes include Ashtanga, Hatha, Yin Yang, Power Yoga.

**Ashtanga (2,3)** Dynamic breathing and flowing progression of postures that balance the body with strength, stamina and flexibility.

**Chair Yoga (all levels)** Gentle yoga done mostly from a seated position. Benefits of traditional yoga including improved musculoskeletal fitness and flexibility, and a sense of well-being.

**Easy Yoga & Meditation (all levels)** Gentle yoga for strength and range of motion. Rejuvenating meditation at the end of class.

**Gentle Hatha (all levels)** Slow and relaxed movements.

**Hatha (2,3)** Yoga postures and breathing. Poses flow from standing to seated and combine breath work to enhance the mind- body connection.

**Hatha/Yin (all levels)** Poses are held longer to benefit tight muscles. Seated poses & breath work combine to increase the mind body-connection.

**Power Yoga (2,3)** Vigorous poses and movements.

**Yin Yang (2,3)** Quiet yoga with poses that become more energizing and uplifting.

**Yoga Flow Stretch (1,2)** Gentle yoga poses combined with stretching.