

## Group Fitness Class Descriptions

**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.

**Spinning (all levels)** Vigorous cardiovascular workout on an indoor bike.

**Senior 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.

1= Beginner 2= Intermediate 3= Advanced

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

**\*Women on Weights (all levels)** Total body strength class using a variety of equipment.

**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.

**\*Pink Pilates (all levels)** 30 minute class designed for those affected by breast cancer.

**\*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.

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**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.

### WATER FITNESS

**Ai Chi: (1)** Gentle, relaxing water movement practice with the same benefits as other mind-body classes.

**Aqua Circuit: (1,2)** Utilizes different equipment in shallow and deep water to build endurance and strength.

**Aqua Zumba: (1,2)** Low impact, high energy aquatic exercise class with the fun Zumba music!

**Aquacise (2)** Low-impact class emphasizes toning, stretching, and cardiovascular conditioning. Uses both the shallow and deep parts of the pool.

**Aquatic Arthritis (1)** Incorporates full range of movement exercises with up to 20-minutes endurance to improve daily life activities.

**Deep Water (2,3)** Cross-training using various equipment to strengthen, tone and increase cardiovascular endurance. Participants are supported by buoyancy belts at all times.

**Stretch & Balance (1,2)** Emphasizes core strength through balance and stretching using all muscle groups. Taught in the warm water pool.

**Warm Water (1,2)** Increase core stability and endurance using the water's resistance. All members must wear a flotation belt in deep water.

Facility Hours: [TriHealth.com/FitnessPavilion](http://TriHealth.com/FitnessPavilion) | 513.985.0900

**Monday-Thursday** 5:15 a.m. - 10pm.

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

**Saturday** 7 a.m. - 7 p.m.

**Sunday** 7 a.m. - 6 p.m.