

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.

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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.

1= Beginner 2= Intermediate 3= Advanced

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

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

***1.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.

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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.

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](https://www.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.