

Fall Classes October 2021

MONDAY

5:40 a.m.	Boot Camp	Gym	Marie
6:00 a.m.	Power Pump	Studio A	Diane
7:00 a.m.	Reformer Trapeze*	Studio B	Marie
7:00 a.m.	TRX	Gym	James
8:30 a.m.	Tai Chi	Studio A	Kathy
9:20 – 9:45 a.m.	Advanced Tai Chi	Studio A	Kathy
9:00 a.m.	Basic Reformer*	Studio B	Lori
10:00 a.m.	Hatha Yoga	Studio A	Tetyana
10:30 a.m.	Reformer Trapeze*	Studio B	Marie
11:00 a.m.	Cardiac Rehab Transition	Fitness Floor	Fitness Coach
11:30 a.m.	Strength & Balance	Studio A	Lynne
3 - 3:45 p.m.	Balance	Studio A	Shae
5:30 p.m.	Reformer Trapeze*	Studio B	Mike
5:30 p.m.	Spinning	Studio A	Chip
6:30 p.m.	Yoga Flow 2	Studio B	Corinne

Fall Fitness: Transformation Fitness Challenge – September 27 – Nov 19

Contact a fitness coach for more details.

*Fee based

Follow us on Social Media:



TUESDAY

6:55 a.m.	Reformer 1 - 2	Studio B	Marie
7:00 a.m.	HIIT	Gym	James
8:00 a.m.	Bender Barre	Studio A	Marie
9:00 a.m.	Spin Challenge	Studio A	Jen H
9:30 a.m.	Cardio YoPi	Studio B	Tetyana
10:00 a.m.	Zumba	Studio A	Julie
11:00 a.m.	Chair Yoga	Studio A	Parmjit
12:00 p.m.	Yoga Flow Stretch	Studio A	Parmjit
5 – 5:25 p.m.	Kettlebells	Studio C	Andy
5:30 p.m.	Zumba	Studio B	Carolina
6:00 p.m.	Cardio & Weights	Studio A	Jan

WEDNESDAY

6:00 a.m.	Total Body	Studio A	Diane
7:00 a.m.	Yin Yang Yoga	Studio A	Deana P.
9:00 a.m.	TRX	Gym	James
10:15 a.m.	Pilates Reformer	Studio B	Lynne
11:00 a.m.	Cardiac Rehab Transition	Fitness Floor	Fitness Coach
11:30 a.m.	Easy Hatha Yoga	Studio B	Tetyana
12:00 p.m.	Strength & Balance	Studio A	Lynne
5:30 p.m.	Spinning	Studio A	Jen H.

THURSDAY

7:00 a.m.	Reformer Trapeze*	Studio B	Marie
8:30 a.m.	Reformer Trapeze*	Studio B	Marie
9:30 a.m.	Yogalates	Studio A	Tetyana
9:30 a.m.	TRX	Gym	Jan
10:30 a.m.	Zumba Gold	Studio A	Lynn / Carolina
11:20 a.m.	Reformer Fundamentals*	Studio B	Lynne
12:00 p.m.	Chair Yoga	Studio A	Parmjit
5:30 p.m.	HIIT	Studio A	Megan T.
6:30 p.m.	Easy Yoga / Meditation	Studio B	Parmjit

FRIDAY

5:40 a.m.	Boot Camp	Gym	Jan
6:00 a.m.	Total Body	Studio A	Diane
7:00 a.m.	Morning Yoga	Studio A	Lainie
9:00 a.m.	All Levels Hatha Yoga	Studio A	Stacy
9:30 a.m.	Boot Camp	Gym	Shae
9:30 a.m.	Pilates Reformer*	Studio B	Lynne
10:30 a.m.	Zumba Gold	Studio A	Julie
12:00 p.m.	Tai Chi	Studio A	Jennifer
1: - 1:25 p.m.	Advanced Tai Chi	Studio A	Jennifer

SATURDAY

7:30 a.m.	Yoga Flow	Studio B	Deana P.
8:00 a.m.	Tabata	Gym	Kathie
8:00 a.m.	Spinning	Studio A	Megan T.
8:45 a.m.	Reformer* Trapeze 2	Studio B	Mike
9:00 a.m.	Bender Barre	Studio A	Marie
10:00 a.m.	Power Pump	Studio A	Marie
11:30 a.m.	Reformer* Trapeze 2	Studio B	Marie

SUNDAY

8:30 a.m.	Yoga/Meditation	Studio B	Claude
9:00 a.m.	Spin Challenge	Studio A	Jen H.
11:30 a.m.	Hatha/Yin Yoga 1	Studio A	Tetyana

Special Events

Aqua Zumba

5:00 p.m. - Main Pool

September 29 & October 13 & 27

BOO! Spooky Spin

Tuesday, October 26

5:30-7:30 p.m. – Gym



TriHealth
Fitness & Health Pavilion