

# Pavilion Group Class Schedule

## January 2021

MONDAY			
5:40 am	Boot Camp	Gym	Marie
6:00 am	Power Pump	Studio A	Diane
7:00 am	Reformer Trapeze	Studio B	Marie
8:30 am	Tai Chi	Studio A	Kathy
9:20 – 9:45 am	Advanced Tai Chi	Studio A	Kathy
10:00 am	Hatha Yoga	Studio A	Tetyana
10:30 am	Reformer Trapeze	Studio B	Marie
11:30 am	SBC: Strength & Balance Challenge	Studio A	Lynne
12:00 pm	Yoga	Virtual	Moe
3:00 - 3:45 pm	Balance	Studio A	Shae
5:30 pm	Reformer Trapeze	Studio B	Mike
5:30 pm	Spinning	Studio A	Rahim
6:30 pm	Yoga Flow Stretch 2	Studio B	Corinne

TUESDAY			
6:55 am	Reformer 1 - 2	Studio B	Marie
8:00 am	Bender Barre	Studio A	Marie
9:00 am	Spin Challenge	Studio A	Jen H.
9:30 am	Cardio YoPi	Studio B	Tetyana
10:00 am	Zumba	Studio A	Julie
11:00 am	Chair Yoga	Studio A	Parmjit
12:00 pm	Yoga Flow Stretch	Studio A	Parmjit
12:00 pm	Cardio/Core	Virtual	Kaity
5:30 pm	Spinning	Studio A	Chip
6:00 pm	Cardio & Weights	Studio B	Jan
6:30 pm	NEW! Zumba	Studio A	Dea

WEDNESDAY			
6:00 am	Total Body	Gym	Diane
7:00 am	Yin Yang Yoga	Studio A	Deana P.
9:00 am	TRX	Gym	James
10:15 am	Pilates Reformer	Studio B	Lynne
11:30 am	Easy Hatha Yoga	Studio B	Tetyana
12:00 pm	SBC: Strength & Balance Challenge	Studio A	Lynne
12:00 pm	Boot Camp	Virtual	Brad
3:00 - 3:45 pm	Balance & Strength	Studio A	Nichole
5:30 pm	Spinning	Studio A	Jen H.
6:40 pm	NEW! Zumba	Studio A	Dea

THURSDAY			
7:00 am	Reformer Trapeze	Studio B	Marie
8:30 am	Reformer Trapeze	Studio B	Marie
9:30 am	Yogalates	Studio A	Tetyana
9:30 am	TRX	Gym	Jan
10:30 am	Zumba Gold	Studio A	Julie
12:00 pm	Chair Yoga	Studio A	Parmjit
12:00 pm	Intervals	Virtual	Tim
5:30 pm	HIIT	Studio A	Megan T.
6:30 pm	Easy Yoga/Meditation	Studio B	Parmjit

- Classes are 50 minutes in length unless otherwise noted and are subject to change.
- Participants are responsible for cleaning equipment after class.
- All classes are included with membership except the Pilates Reformer/Trapeze.

FRIDAY			
5:40 am	Boot Camp	Gym	Jan
6:00 am	Total Body	Studio A	Diane
9:00 am	All Levels Hatha Yoga	Studio A	Stacy
9:30 am	NEW! Pilates Reformer	Studio B	Lynne
10:30 am	Zumba Gold	Studio A	Julie
12:00 pm	Lower Body/Core	Virtual	Katie
12:00 pm	Tai Chi	Studio A	Jennifer
1:00 - 1:25 pm	Advanced Tai Chi	Studio A	Jennifer
3:00 - 3:45 pm	Balance & Strength	Studio A	Kathryn

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

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

**Access Virtual classes:**  
[YouTube.com/c/trihealthcorporatehealth](https://www.youtube.com/c/trihealthcorporatehealth)  
**Pavilion Group Fitness videos:**  
[TriHealth.com/FitnessPavilion](https://www.trihealth.com/FitnessPavilion) & Facebook