

# GROUP CLASSES

WINTER 2023: Updated January 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:45 am <b>TONE &amp; CHISEL</b> Susan • Fitness Studio	5:15-5:45 am <b>STEP, STRENGTH, ENDURANCE</b> Amy • Fitness Studio	6:00-6:45 am <b>CYCLE JOURNEY</b> Amy • Cycle Studio	6:00-6:45 am <b>CYCLE JOURNEY</b> Amy • Cycle Studio	6:00-6:45 am <b>CYCLE JOURNEY</b> Eva • Cycle Studio	
9:00-9:45 am <b>MOVE IT OR LOSE IT</b> Carol • Fitness Studio	6:00-6:45 am <b>CYCLE JOURNEY</b> Amy • Cycle Studio	8:00-8:45 am <b>FIT FUSION</b> Susan • Fitness Studio	7:00-7:45 am <b>BARRE</b> Karen • Fitness Studio	8:00-8:45 am <b>TONE &amp; CHISEL</b> Joe • Fitness Studio	8:00-8:45 am <b>TONE &amp; CHISEL</b> Joe • Fitness Studio
10:00-10:45 am <b>GENTLE YOGA</b> Michelle • Mind/Body Studio	9:30-10:15 am <b>PILATES MAT</b> Karen • Mind/Body Studio	9:00-9:45 am <b>CYCLE JOURNEY</b> Karen • Cycle Studio	9:30-10:15 am <b>PILATES MAT</b> Karen • Mind/Body Studio	9:00-9:45 am <b>MOVE IT OR LOSE IT</b> Carol • Fitness Studio	8:00-8:45 am <b>CYCLE JOURNEY</b> Dennis • Cycle Studio
10:00-10:45 am <b>FIT FUSION</b> Joe • Fitness Studio	9:30-10:15 am <b>IMPACT FREE AQUA</b> Tina • Lap Pool	10:00-10:45 am <b>BARRE</b> Karen • Fitness Studio	9:30-10:15 am <b>IMPACT FREE AQUA</b> Pat • Lap Pool	9:00-9:45 am <b>CARDIO SPLASH</b> Pat • Lap Pool	9:00-9:45 am <b>HATHA YOGA</b> Michelle • Mind/Body
10:00-10:45 am <b>CARDIO SPLASH</b> Pat • Lap Pool	10:00-10:45 am <b>SCULPT MIX</b> Joe • Fitness Studio	10:00-10:45 am <b>AQUA CARDIO &amp; TONE</b> Carol • Warm Water Pool	10:00-10:45 am <b>SCULPT MIX</b> Joe • Fitness Studio	10:00-10:45 am <b>FIT FUSION</b> Joe • Fitness Studio	9:00-9:45 am <b>CARDIO BOOT CAMP</b> Joe • Fitness Studio
11:00-11:45 am <b>AQUA HEALING STRETCH</b> Pat • Warm Water Pool	10:30-11:15 am <b>HATHA YOGA</b> Carol • Mind/Body Studio	11:00-11:45 am <b>AQUA HEALING STRETCH</b> Carol • Warm Water Pool		10:00-10:45 am <b>GENTLE YOGA</b> Carol • Mind/Body Studio	9:15-10:00 am <b>CARDIO SPLASH</b> Pam • Lap Pool
12:00-12:45 pm <b>AQUA LOW IMPACT &amp; TONING</b> Tina • Warm Water Pool				10:00-10:45 am <b>AQUA ARTHRITIS</b> Pat • Warm Water Pool	10:15-11:00 am <b>AQUA RESTORATIVE MOVEMENT</b> Pam • Warm Water Pool
1:00-1:45 pm <b>CORE CARDIO &amp; BALANCE</b> Tina • Warm Water Pool	1:00-1:45 pm <b>RESTORATIVE MOVEMENT</b> Zmara • Fitness Studio			1:00-1:45 pm <b>RESTORATIVE MOVEMENT</b> Zmara • Fitness Studio	10:15-11:00 am <b>CANCER SUPPORT YOGA</b> Michelle • Mind/Body
		4:30-5:15 pm <b>ZUMBA</b> Lekeisha • Fitness Studio			
5:30-6:15 pm <b>CORE CARDIO &amp; BALANCE</b> Diana • Warm Water Pool	5:00-5:45 pm <b>TAI CHI</b> Karen • Fitness Studio	5:30-6:15 pm <b>INTERVAL BLAST</b> Amy • Fitness Studio	5:30-6:15 pm <b>PLEX PUMP</b> Joe • Fitness Studio		
5:30-6:15 pm <b>CARDIO KICKBOX</b> Carol • CFitness Studio	6:00-6:45 pm <b>CARDIO BOOT CAMP</b> Joe • Fitness Studio	6:00-6:45 pm <b>CORE CARDIO &amp; BALANCE</b> Diana • Warm Water Pool	6:00-6:45 pm <b>CYCLE JOURNEY</b> Jay • Cycle Studio		
5:30-6:15 pm <b>CYCLE JOURNEY</b> Eva • Cycle Studio	6:30-7:15 pm <b>AQUA ZUMBA</b> Veronica • Lap Pool	6:15-7:00 pm <b>HYDRORIDER</b> Jay • Lap Pool	6:30-7:15 pm <b>CARDIO BOX</b> Joe • Fitness Studio		
6:15-7:00 pm <b>VINYASA YOGA</b> Michelle • Mind/Body Studio	6:45-7:30 pm <b>BAR-LATES</b> Karen • Mind/Body Studio	6:30-7:15 pm <b>HATHA YOGA</b> Carol • Mind/Body Studio	6:15-7:00 pm <b>CARDIO SPLASH</b> Pam • Lap Pool		
6:15-7:00 pm <b>CARDIO SPLASH</b> Colleen • Lap Pool					
6:30-7:15 pm <b>PILATES MAT</b> Toni • Fitness Studio					

## LAND CLASSES

### **Barre • Moderate**

Low impact, isometric movements designed to produce results. The ballet barre and other light equipment are used to focus on different areas of your body.

### **Cancer Support Yoga**

This free yoga class is offered by the Cancer Support center for cancer survivors and caregivers. Call 513-791-4060 for more information.

### **Cardio Boot Camp • Moderate to High**

This high-intensity, fast-paced interval workout takes you through calisthenic drills while burning calories and building muscle.

### **Cardio Kickbox**

Combines elements of boxing, martial arts and cardio to provide total body conditioning and toning.

### **Cycle Journey • Moderate to High - Multi-Level**

Control your own resistance as you race through drills, hills, flats and jumps on a simulated ride through various terrains.

### **Embodi Yoga • Low - Multi-Level**

Movement and breath are deeply integrated to improve function on and off the mat.

### **Fit Fusion • Moderate to High**

Low impact strength and cardio focuses on toning and fat burning while improving balance and cardio endurance.

### **Gentle Yoga • Low to Moderate**

Yoga poses done with a chair or on the mat that help build and maintain flexibility, balance and strength.

### **Hatha Yoga • Moderate - Multi-Level**

Accessible yoga gently unwinds stress and tension to bring a sense of balance into the body and mind. Focus on mindful movement and breath throughout the practice.

### **Interval Blast • Moderate to High**

Combined high intensity interval and resistance training exercises give you a complete workout in 45 minutes.

### **Move It or Lose It • Moderate - Multi-Level**

Build strength, mobility, endurance and balance in this fun interval-style class designed for fitness with no floor work. Can be modified for all fitness abilities.

### **Pilates Mat • Moderate - Multi-Level**

Mat exercises strengthen the core muscles and lengthen tight lower body muscles to improve core strength and overall flexibility.

### **Plex Pump • Moderate to High**

Barbells and adjustable weights strengthen and tone the entire body in this 45-minute rhythmic resistance training class.

### **Restorative Movement • Low to Moderate**

Awaken the mind, build self security and become aware of breath and body through restorative movement.

### **Sculpt Mix • Moderate to High**

Interval-based class combines traditional strength exercises with power plyometrics for high intensity fat burn and body sculpting.

### **Step, Strength & Endurance**

Just 30 minutes and a variety of equipment equals a full-body, heart pumping workout that builds strength and endurance.

### **Tai Chi • Low**

Slow flowing movements build strength and balance to reduce falls and the fear of falling and help improve overall well-being.

### **Tone and Chisel • Moderate to High/Multi-Level**

Firm and shape the total body with free weights, bands and balls. Perfect for improving muscle tone, flexibility and posture.

### **Vinyasa Yoga • Moderate to High**

A flowing sequence of postures that are directly related to the breath. Enhance body awareness and decrease stress.

### **Yin Yoga • Low to Moderate - Multi-Level**

Basic yoga postures are held for longer durations of time with an emphasis on breathing and relaxation techniques.

## WATER CLASSES

### **Aqua Arthritis • Low to Moderate**

Designed to help manage joint pain and stiffness. Gentle movements improve range of motion, increase flexibility and reduce pain.

### **Aqua Zumba • Moderate**

A fun, shallow water cardio workout combining high energy music with unique Latin style-moves and combinations.

### **Aqua Healing Stretch • Low to Moderate**

Gentle movements for those with limited mobility due to arthritis or other orthopedic conditions. Helps improve range of motion and flexibility.

### **Aqua Low Impact – Low to Moderate**

Low impact cardio combined with movements to build strength and balance.

### **Aqua Restorative Movement • Low to Moderate**

Strengthen muscles to improve coordination, dexterity, balance and stability.

### **Aqua Tone & Stretch**

Build strength and improve balance using a variety of aqua weights and noodles.

### **Cardio SPLASH • Moderate**

A variety of movements stimulate all major muscle groups and keep your heart pumping in this light-impact, shallow water class.

### **Core, Cardio & Balance • Low to Moderate**

Low impact cardio and strength exercises improve balance, keep bones and muscles strong and improve cardiovascular health.

### **HydroRider • Moderate - Multi-Level**

Stationary bike immersed in water to provide cycling with the added resistance the water provides. Shoes required.

### **Impact Free Aqua • Moderate**

Buoyancy belts provide no-impact cardio appropriate for all levels but challenging enough for experienced exercisers.

## WARM WATER POOL AVAILABILITY

### **CLOSED for Physical Therapy**

Tuesday	8:15 am – 12:00 pm; 1:00 – 4:00 pm
Thursday	8:15 am – 12:00 pm; 1:00 – 4:00 pm

*Pool availability varies during all other club hours and is on a first come, first served basis. Pool capacity will be limited to enforce physical distancing standards.*

## LAP POOL AVAILABILITY

Pool availability is limited to one person per lane. Reservations may be made up to 24 hours in advance at the Front Desk or online. See Front Desk for details.