

Group Fitness Class Schedule

WINTER 2024: JANUARY 1-31



MERCYHEALTH

Anderson HealthPlex

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 am FIELD Scott	5:30-6:15 am TREKKING Dennis	5:30-6:15 am CYCLE Melissa	5:30-6:15 am TREKKING Dennis	6:00-6:45 am FIELD Sydney	7:15-8:00 am TREKKING Dennis	8:30-9:15 am CYCLE Lorry
8:00-8:45 am AQUA ARTHRITIS Susan ★	6:00-6:45 am FIELD Tucker	6:00-6:45 am FIELD Scott	6:00-6:45 am FIELD Tucker	8:00-8:45 am BODY PUMP Lorry	8:30-9:15 am CYCLE Lisa / Martha	9:30-10:30 am QIGONG Mike
9:15-10:00 am BARRE Maria	8:30-9:15 am CYCLE June	8:00-8:45 am STONE & CHISEL Denise	8:00-8:45 am FIT FUSION Julie	8:00-8:45 am AQUA ARTHRITIS Judy ★	8:30-9:15 am CARDIO STEP Jessica/Linda	10:00-10:45 am BODY PUMP Lorry
9:30-10:15 am FIELD Josh	8:30-9:00 am PILATES 30 Christy	8:00-8:45 am AQUA ARTHRITIS Jannine ★	8:30-9:15 am STRENGTH CIRCUIT Kelly	8:30-9:15 am CYCLE Rotation	8:45-9:30 am TREKKING + STRENGTH Dennis	10:40-11:55 am YOGA FLOW Mike
10:00-10:45 am CARDIO SPLASH Jannine	8:30-9:15 am STRENGTH CIRCUIT Kelly	9:00-9:45 am IMPACT FREE AQUA Jannine	8:30-9:15 am CYCLE Martha	9:00-10:00 am TAI CHI Sue	9:00-9:45 am AQUA ARTHRITIS Rotation ★	
10:00-10:45 am SIT & STRENGTHEN Melissa	9:15-10:00 am CARDIO TONE Linda	9:30-10:15 am FIELD Tucker	9:15-10:00 am CARDIO STEP Jessica	9:15-10:00 am CARDIO BARRE Julie	9:00-9:45 am FIELD Tucker	
11:00-11:45 am AQUA CIRCUIT Jannine ★	9:30-10:15 am HYDRORIDER Jannine	9:30-10:15 am BARRE Kristen	9:15-10:15 am YANG YIN Kristen	9:30-10:15 am FIELD Brendan	9:00-10:00 am YOGA FLOW Kristen	
11:00-12:00 pm DETOX YOGA Gina	9:30-10:15 am TREKKING Dennis	10:00-10:45 am CARDIO SPLASH Rotation	9:30-10:15 am HYDRORIDER June	10:00-10:45 am CARDIO SPLASH June	9:30-10:15 am F.I.T. Amy	
12:00-12:45 pm AQUA ARTHRITIS Martha ★	10:15-11:15 am YOGA FLOW Kristen	10:00-10:45 am SIT & STRENGTHEN Melissa	9:30-10:15 am TREKKING Dennis	10:30-11:30 am YOGA Amanda	10:00-10:45 am IMPACT FREE AQUA Coleen	
12:00-12:45 pm FIELD Tucker	10:15-11:00 am STRENGTH & BALANCE Melissa	11:00-11:45 am AQUA CIRCUIT Susan ★	10:15-11:00 am PILATES Christy	11:00-11:45 am AQUA CIRCUIT Kim H. ★	10:15-11:15 am YIN YOGA Kristen	
3:00-3:45 pm AQUA ARTHRITIS Susan ★	10:30-11:15 am AQUA ZUMBA Sue	11:00-12:00 pm YOGA FLOW Amanda	10:30-11:15 am BALANCE & STABILITY Melissa	12:00-12:45 pm AQUA ARTHRITIS Kim H. ★	11:00-11:45 am HYDRORIDER Rotation	
5:00-5:45 pm BODY PUMP Lindsay	11:30-12:30 pm CHAIR YOGA Kristen	12:00-12:45 pm FIELD Josh	11:00-11:45 am AQUA CIRCUIT June ★	12:00-12:45 pm FIELD Scott		
6:00-6:45 pm FIELD Nic	12:00-12:45 pm F. I. T. Amy	3:00-3:45 pm AQUA ARTHRITIS Martha W. ★	11:30-12:30 pm CHAIR YOGA Gina			
6:00-6:45 pm ZUMBA Sue	5:30-6:00 pm CYCLE 30 Lorry	6:00-6:45 pm FIT 2 THE CORE Lindsay	12:00-12:45 pm F. I. T. Amy			
6:30-7:30 pm QIGONG Mike	5:30-6:15 pm F. I. T. NEW CLASS! Amy	6:00-6:45 pm CYCLE Lisa	5:00-5:45 pm F. I. T. CAMP NEW CLASS! Amy			
6:50-7:20 pm CORE 30 Sue	5:45-6:30 pm ARTHRITIS STRETCH Joanne	6:00-6:45 pm FIELD Brendan	5:30-6:15 pm BODY PUMP Marie			
	6:00-6:45 pm FIELD Brendan	6:30-7:15 pm AQUA CIRCUIT Rotation ★	6:00-6:45 pm FIELD Brendan			
	6:30-7:15 pm AQUA ARTHRITIS Joanne ★		6:30-7:15 pm AQUA CIRCUIT Coleen ★			
	6:30-7:15 pm BODY PUMP Lorry					
	7:00-8:00 pm RESTORATIVE YOGA Tori					

★ Classes will resume in the Warm Water Pool when the heater is replaced. Updates will be provided as they are available.

In the meantime, all **Aqua Arthritis** classes are cancelled. All **Aqua Circuit** classes are moved to the Lap Pool.

Register for classes up to 36 hour in advance online or at the Front Desk: 513-624-1871.

For more information, contact:
June Navaro, Group Ex Coordinator
513-233-6966

GROUP FITNESS STUDIO

MIND/BODY STUDIO

CYCLE STUDIO

LAP POOL

WARM WATER POOL

FITNESS FLOOR

THE FIELD

LAND CLASSES

BALANCE & STABILITY FOR SENIORS

Exercises are performed primarily from a chair. Participants should be able to stand and walk without assistance.

BARRE / CARDIO BARRE

Low impact movements to strengthen, tone and increase flexibility. Improve balance, range of motion and endurance. Cardio Barre adds cardio intervals to the workout.

BODY PUMP

Challenge every muscle group in this barbell class designed to build strength, tone your body and push you to your limit.

CARDIO TONE / STEP / CORE

Basic choreography using a step, core workout following.

CHAIR YOGA

Simple techniques help you breathe with ease and gently stretch without pain or fear. Manage pain, destress and find peace and tranquility.

CYCLE

Performed on a stationary bike and set to pumping music. Based on real terrain rides with a focus on heart rate and cadence.

DETOXIFICATION YOGA

Yoga poses that support your body's natural detox process with a focus on breath to stimulate the release of stress, sadness, depression and fear.

FIELD

High intensity, action-packed classes for those looking for a results driven workout. Modifications made to accommodate joint/muscle limitations.

F.I.T.

Full-body strength and cardio workout plus abs. Modifications made for any joint/muscle limitations.

FIT 2 THE CORE

A high energy class, to build aerobic fitness while also building muscle strength, with moves that cater to all levels and goals.

FIT FUSION

A fun and creative workout that uses a variety of disciplines to give you a full-body strength/core workout.

PILATES

Pilates and ballet exercises focus on core stability and balance to sculpt thighs, tone and firm glutes and flatten abdominals.

QIGONG

Meditation along with self-healing movements, postures and self-massage techniques help promote mental equanimity, emotional clarity and physical vitality.

RESTORATIVE YOGA

Relax and rest with 15 minutes of gentle stretching followed by 45 minutes of relaxation. Restorative poses to calm your mind and body to prepare for rest.

SIT, STRETCH & STRENGTHEN

Simple strengthening exercises performed seated or with the support of a chair. Keeps bones and muscles strong and joints moving.

STRENGTH CIRCUITS

Circuit-style training on the Fitness Floor.

TAI CHI

A combination of graceful and gentle meditative movements focused on cultivating breathing and its relation to energy and mindfulness.

TREKKING

Heart pumping experience on the treadmill. Includes running, walking up hills and speed intensity intervals. Trekking+ adds strength training to the workout.

TONE & CHISEL

Strength training using free weights, tubing, body bars, medicine balls and stability balls.

YANG YIN YOGA

Blending two styles of yoga into one practice- 40 min dynamic sequences and standing postures to warm the body followed by 20 min slower practice holding yoga poses to calm the mind.

YIN YOGA

A slow-paced style of yoga with poses that are held for longer periods of time - five minutes or more per pose is typical.

YOGA

Foundational yoga postures to align, strengthen and promote flexibility in the body with focus on breathing techniques and full-body balance and relaxation.

YOGA FLOW

A flowing form of yoga designed to increase strength, endurance and flexibility. Focus on mindful movement and breath throughout the practice.

ZUMBA

Dance rhythms set to high-energy Latin and international beats that provide an amazing, fun workout!

WATER CLASSES

AQUA ARTHRITIS

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

AQUA CIRCUIT

A low impact Aqua cardio class with cardio, and equipment to challenge your balance, strength and core.

CARDIO SPLASH / AQUA ZUMBA

This low impact class incorporates unique movements that stimulate all major muscle groups while keeping your heart pumping.

HYDRORIDER

A stationary bike is immersed in water to provide the excitement of cycling with the added resistance the water provides. Shoes required.

IMPACT FREE AQUA

Buoyancy belts provide a no-impact cardio workout. Great for beginners but challenging enough for experienced aqua exercisers.

Adult Swim in the Warm Water Pool

Mon-Wed-Fri 7:00 - 8:00 am | 2:00 - 3:00 pm
Tue-Thu 7:00 - 8:00 am

Warm Water Pool Closed for Physical Therapy

Tue-Thu 2:00 - 3:30 pm

Warm Water Pool Closed for Swim Lessons

Sat 10:00 am - 1:00 pm