

# Group Fitness Class Schedule

SPRING 2024: MAY 1-31



**MERCYHEALTH**

Anderson HealthPlex

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 am <b>FIELD</b> Scott	5:30-6:15 am <b>TREKKING</b> Dennis	5:30-6:15 am <b>CYCLE</b> Melissa	5:30-6:15 am <b>TREKKING</b> Dennis	6:00-6:45 am <b>FIELD</b> Megan	7:15-8:00 am <b>TREKKING</b> Dennis	8:30-9:15 am <b>CYCLE</b> Lorry
8:00-8:45 am <b>AQUA ARTHRITIS</b> Susan	6:00-6:45 am <b>FIELD</b> Tucker	6:00-6:45 am <b>FIELD</b> Scott	6:00-6:45 am <b>FIELD</b> Tucker	8:00-8:45 am <b>BODY PUMP</b> Lorry	8:30-9:15 am <b>CYCLE</b> Lisa / Martha	9:30-10:30 am <b>QIGONG</b> Mike
9:15-10:00 am <b>BARRE</b> Maria	8:30-9:15 am <b>CYCLE</b> June	8:00-8:45 am <b>STONE &amp; CHISEL</b> Emily	8:00-8:45 am <b>FIT FUSION</b> Julie	8:00-8:45 am <b>AQUA ARTHRITIS</b> Judy	8:30-9:15 am <b>CARDIO STEP</b> Jessica/Linda	10:00-10:45 am <b>BODY PUMP</b> Lorry
9:30-10:15 am <b>FIELD</b> Tucker	8:30-9:00 am <b>PILATES 30</b> Christy	8:00-8:45 am <b>AQUA ARTHRITIS</b> Jannine	8:00-8:45 am <b>ARTHRITIS STRETCH</b> Joanne	8:30-9:15 am <b>CYCLE</b> Spencer	8:45-9:30 am <b>TREKKING + STRENGTH</b> Dennis	10:40-11:55 am <b>YOGA FLOW</b> Mike
10:00-10:45 am <b>CARDIO SPLASH</b> Jannine	8:30-9:15 am <b>STRENGTH CIRCUIT</b> Kelly	9:00-9:45 am <b>IMPACT FREE AQUA</b> Jannine	8:30-9:15 am <b>STRENGTH CIRCUIT</b> Kelly	9:00-10:00 am <b>TAI CHI</b> Sue	9:00-9:45 am <b>AQUA ARTHRITIS</b> Rotation	
10:00-10:45 am <b>SIT &amp; STRENGTHEN</b> Melissa	9:15-10:00 am <b>CARDIO TONE</b> Linda	9:30-10:15 am <b>FIELD</b> Tucker	8:30-9:15 am <b>CYCLE</b> Martha	9:15-10:00 am <b>CARDIO BARRE</b> Julie	9:00-9:45 am <b>FIELD</b> Tucker	
11:00-11:45 am <b>AQUA CIRCUIT</b> Jannine	9:30-10:15 am <b>HYDRORIDER</b> Jannine	9:30-10:15 am <b>BARRE</b> Kristen	9:15-10:00 am <b>CARDIO STEP</b> Jessica	9:30-10:15 am <b>FIELD</b> Brendan	9:00-10:00 am <b>YOGA FLOW</b> Kristen	
11:00-12:00 pm <b>DETOX YOGA</b> Gina	9:30-10:15 am <b>TREKKING</b> Dennis	10:00-10:45 am <b>CARDIO SPLASH</b> Rotation	9:15-10:15 am <b>YANG YIN</b> Kristen	10:00-10:45 am <b>CARDIO SPLASH</b> June	9:30-10:15 am <b>F.I.T.</b> Amy	
12:00-12:45 pm <b>AQUA ARTHRITIS</b> Martha	10:15-11:15 am <b>YOGA FLOW</b> Kristen	10:00-10:45 am <b>SIT &amp; STRENGTHEN</b> Melissa	9:30-10:15 am <b>HYDRORIDER</b> June	10:30-11:30 am <b>GENTLE YOGA</b> Amanda	10:00-10:45 am <b>IMPACT FREE AQUA</b> Coleen	
12:00-12:45 pm <b>FIELD</b> Megan	10:15-11:00 am <b>STRENGTH &amp; BALANCE</b> Melissa	11:00-11:45 am <b>AQUA CIRCUIT</b> Susan	9:30-10:15 am <b>TREKKING</b> Dennis	11:00-11:45 am <b>AQUA CIRCUIT</b> Kim H.	10:15-11:15 am <b>YIN YOGA</b> Kristen	
5:00-5:45 pm <b>BODY PUMP</b> Lindsay	10:30-11:15 am <b>AQUA ZUMBA</b> Sue	11:00-12:00 pm <b>YOGA SCULPT</b> <b>NEW FORMAT!</b> Kristen	10:15-11:00 am <b>PILATES</b> Christy	12:00-12:45 pm <b>AQUA ARTHRITIS</b> Kim H.	11:00-11:45 am <b>HYDRORIDER</b> Rotation	
6:00-6:45 pm <b>FIELD</b> Nic	11:30-12:30 pm <b>CHAIR YOGA</b> Kristen	12:00-12:45 pm <b>FIELD</b> Megan	10:30-11:15 am <b>BALANCE &amp; STABILITY</b> Melissa	12:00-12:45 pm <b>FIELD</b> Scott		
6:00-6:45 pm <b>ZUMBA</b> Sue	12:00-12:45 pm <b>F. I. T.</b> Amy	12:00-12:45 pm <b>AQUA ARTHRITIS</b> <b>NEW CLASS!</b> Susan	11:00-11:45 am <b>AQUA CIRCUIT</b> June			
6:30-7:30 pm <b>QIGONG</b> Mike	5:30-6:00 pm <b>CYCLE 30</b> Lorry	12:30-1:30 pm <b>YIN YOGA</b> Sonya	11:30-12:30 pm <b>CHAIR YOGA</b> Gina			
6:50-7:20 pm <b>CORE 30</b> Sue	5:30-6:15 pm <b>F. I. T.</b> Amy	3:00-3:45 pm <b>AQUA ARTHRITIS</b> Martha W.	12:00-12:45 pm <b>F. I. T.</b> Amy			
	6:00-6:45 pm <b>FIELD</b> Brendan	5:30-6:15 pm <b>FIT 2 THE CORE</b> Lindsay	5:00-5:45 pm <b>F. I. T. CAMP</b> Amy			
	6:30-7:15 pm <b>AQUA ARTHRITIS</b> Joanne	6:00-6:45 pm <b>CYCLE</b> Lisa	5:30-6:15 pm <b>BODY PUMP</b> Marie			
	6:30-7:15 pm <b>BODY PUMP</b> Lorry	6:00-6:45 pm <b>FIELD</b> Brendan	6:00-6:45 pm <b>FIELD</b> Brendan			
	7:00-8:00 pm <b>RESTORATIVE YOGA</b> Tori	6:30-7:15 pm <b>AQUA CIRCUIT</b> Rotation	6:30-7:15 pm <b>AQUA CIRCUIT</b> Coleen			
		7:00-8:00 <b>YOGA FLOW</b> <b>NEW CLASS!</b> Amanda				

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 & BALANCE

Standing class focused on balance and stability conditioning using light resistance equipment.

### 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.

## YOGA SCULPT

A dynamic and invigorating workout that combines traditional yoga poses with strength training exercises. Use of light hand weights will enhance the yoga practice and build strength, flexibility and endurance.

## 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
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### Warm Water Pool Closed for Swim Lessons

Sat	10:00 am - 1:00 pm
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