

Group Fitness Class Schedule

SPRING 2024: MAY 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 Megan	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 Emily	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 Tucker	8:30-9:00 am PILATES 30 Christy	8:00-8:45 am AQUA ARTHRITIS Jannine	8:00-8:45 am ARTHRITIS STRETCH Joanne	8:30-9:15 am CYCLE Spencer	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 STRENGTH CIRCUIT Kelly	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	8:30-9:15 am CYCLE Martha	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	9:15-10:00 am CARDIO STEP Jessica	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	9:15-10:15 am YANG YIN Kristen	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 HYDRORIDER June	10:30-11:30 am GENTLE YOGA Amanda	10:00-10:45 am IMPACT FREE AQUA Coleen	
12:00-12:45 pm FIELD Megan	10:15-11:00 am STRENGTH & BALANCE Melissa	11:00-11:45 am AQUA CIRCUIT Susan	9:30-10:15 am TREKKING Dennis	11:00-11:45 am AQUA CIRCUIT Kim H.	10:15-11:15 am YIN YOGA Kristen	
5:00-5:45 pm BODY PUMP Lindsay	10:30-11:15 am AQUA ZUMBA Sue	11:00-12:00 pm YOGA SCULPT NEW FORMAT! Kristen	10:15-11:00 am PILATES Christy	12:00-12:45 pm AQUA ARTHRITIS Kim H.	11:00-11:45 am HYDRORIDER Rotation	
6:00-6:45 pm FIELD Nic	11:30-12:30 pm CHAIR YOGA Kristen	12:00-12:45 pm FIELD Megan	10:30-11:15 am BALANCE & STABILITY Melissa	12:00-12:45 pm FIELD Scott		
6:00-6:45 pm ZUMBA Sue	12:00-12:45 pm F. I. T. Amy	12:00-12:45 pm AQUA ARTHRITIS NEW CLASS! Susan	11:00-11:45 am AQUA CIRCUIT June			
6:30-7:30 pm QIGONG Mike	5:30-6:00 pm CYCLE 30 Lorry	12:30-1:30 pm YIN YOGA Sonya	11:30-12:30 pm CHAIR YOGA Gina			
6:50-7:20 pm CORE 30 Sue	5:30-6:15 pm F. I. T. Amy	3:00-3:45 pm AQUA ARTHRITIS Martha W.	12:00-12:45 pm F. I. T. Amy			
	6:00-6:45 pm FIELD Brendan	5:30-6:15 pm FIT 2 THE CORE Lindsay	5:00-5:45 pm F. I. T. CAMP Amy			
	6:30-7:15 pm AQUA ARTHRITIS Joanne	6:00-6:45 pm CYCLE Lisa	5:30-6:15 pm BODY PUMP Marie			
	6:30-7:15 pm BODY PUMP Lorry	6:00-6:45 pm FIELD Brendan	6:00-6:45 pm FIELD Brendan			
	6:00-7:00 pm RESTORATIVE YOGA NEW TIME! Tori	6:30-7:15 pm AQUA CIRCUIT Rotation	6:30-7:15 pm AQUA CIRCUIT Coleen			
		7:00-8:00 YOGA FLOW NEW CLASS! 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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