



# Spring Group Fitness Schedule Effective April

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp/HIIT 5:15-6 am April	Body Pump 5:15-6:15 am Dawn	Bootcamp/HIIT 5:15-6 am April	Body Pump 5:15-5:45 am Mallori	Bootcamp/HIIT 5:15-6 am April	Body Pump 8-9 am Rotation	Express Workout 12:15-12:45pm Carrie
Cardio Barre 5:15-6 am Dawn G	Cycling 5:30-6:30 am Cheryl	Cardio Barre 5:15-6 am Dawn G	Cycling 5:30-6:30 am Cheryl	Warrior Workout 5:15-6:15 am Dawn G/Mallori	W.O.W 9-9:45 am Tammie	All Levels Yoga ***See dates below 1:00 -2:00pm
Cycling 6-7 am Dawn P	Express Workout 6:15-6:45 am Ana	Cycling 6-7 am Dawn P	Express Workout 6:15-6:45 am Ana	Cycling 6-7 am Dawn P	Cycling 9:15-10:15 am Rotation	
Senior Fitness 8:30-9:10 am Robin N	Power Yoga 9:15-10:15 am Monika	Senior Fitness 8:30-9:10 am Robin N	Zumba Step 9:15-10 am Shar	Senior Fitness 8:30-9:10am Robin N		
Cycle & Strength 9:15-10 am Baret	Silver Sneakers 10:30-11:15 am Cara	Cycle & Strength 9:15-10 am Baret	Vinyasa Yoga 10:05-11:05 am Angel	Power Fusion 9:15-10:15 am Monika		
Tabata Fusion Kara 12-12:30 pm	Body Pump Express 12-12:45 pm Monika	Bootcamp/HIIT 12-12:30 pm Kara	Silver Sneakers 10:30-11:15 am Cara	Express Workout 12-12:30 pm Derek		
Delay The Disease 1-2pm Cara	Power 30 5:15-5:45 pm Mallori	Delay The Disease 1-2 pm Robin N	Body Sculpt 12-12:30 pm Lindy	Happy Hour Yoga **see dates below 5:15-6:15 pm		
Zumba 5:15-6 pm Shar	*Cycling 5:30-6:30 pm Bob	W.O.W 4:15-5:15 pm Tammie	Body Pump Express 5:15-6 pm Carrie			
Short Circuits 6-6:30 pm Becky	WERQ 6-6:45 pm Mallori	Zumba 5:15-6 pm Andrea	*Cycling 5:30-6:30 pm Bob			
		Short Circuits 6-6:30 pm Becky	Zumba Ana 6-6:45pm			

\*PM Cycling Classes may cancel if weather is nice

\*\* Happy Hour Yoga Class Dates: April 20, May 4, 11, 18

\*\*\*All Levels Yoga Class Dates: April 15, 22, May 6, 13, 20

**All Levels Yoga:** A great class for those new to yoga and those who have experience. Enjoy learning and practicing the foundations and breathing techniques. Class keeps you grounded in the basics with opportunity to challenge the mind and body. All levels encouraged.

**BODY PUMP™:** The original barbell class that strengthens your entire body. This workout entails exercises that work a specific muscle group such as squats, chest press, clean and press, bicep curls, and much more! Great music, awesome instructors, and your choice of weight inspire you to achieve the results and goals you came for! Intermediate-Advanced \*Express format is 45 minutes and full Body Pump is 1 hour long

**Body Sculpt:** A 30 min non-cardio, muscle-toning class that focuses on core strength. Low/no impact exercises that increase strength, muscle endurance, and flexibility. This class includes floor routines, standing ab exercises, light weights, and moves to target your core where you want to see results the most.

**Bootcamp/HIIT:** This intense class consists of power moves, sprints, jumping jacks, jump rope, lunges, strength training, abs, and more!  
Intermediate-Advanced

**Cardio Barre:** Want a total body burn? Look no further! Cardio Barre is a unique, high energy class that combines barre work, cardio intervals, and weights. Beginner-Advanced

**Cycle & Strength:** Combo class that starts with cycling and ends with strengthening exercises that target all major muscle groups. This mixture of cardio and strength is the perfect combination for a great workout!

**Cycling:** Stationary biking class that combines different elements of speed, strength, and endurance. And great music and rhythm in every class! Bring a water bottle and padded shorts are suggested but not required. All skill levels are welcome!

**Delay The Disease:** This class is a life-changing fitness and mobility workout designed for people with Parkinson's Disease. Led by certified Ohio Health Delay the Disease instructors, the program improves physical, mental, and emotional realities of PD patients.

**Express Workout:** Classes range from circuits, tabata, HIIT, and more. You'll have to show up to see what's new! All fitness levels are welcomed.

**Happy Hour Yoga-** Start out with a refreshing flow and movements to challenge your balance. Then allow yourself to stretch deeper and release any built up tension from the week.

**Power 30:** Need a quick and effective workout that leaves you stronger, leaner, and more energized? This 30 minute class uses dynamic, compound moves that will strengthen and tone your entire body. Get in, get out, and get strong!

**Power Yoga:** Add some variety to your yoga class with some power and cardio intervals, Pilates inspired exercises, and light weight training. Improve your core, balance, and strength with this yoga/Pilates fusion class. All levels welcome.

**Power Fusion:** An awesome workout that mixes yoga, Pilates, core, and Barre- inspired exercises that tone and shape your entire body. This class uses balls, gliding discs, light weights, and resistance bands to challenge the body and get results. Improving your balance, flexibility, and upper and lower body strength while building a stronger core makes this class a LIIT- low intensity interval training. All levels are welcome.

**Senior Fitness:** Designed for active older adults, this class is a great way to make exercise a part of your life. This workout consists of various exercises to help maintain strength and range of motion.

**Short Circuits:** A 30 minute fast paced full body circuit class that combines strength and cardio. Perfect combination for a great workout! All skill levels are welcome!

**Silver Sneakers:** Have fun and move to the music though a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Handheld weights, elastic tubes, small balls, and a chair are used for seated and/or standing support. This class is designed for seniors and active older adults. All skill levels are welcome!

**Tabata Fusion:** This high intensity anaerobic workout will help you burn a lot of calories and get your heart rate up! This class is 30 minutes long and will keep you moving the whole time.

**Vinyasa Yoga:** Focuses on uniting breath with movement. Class incorporates flexibility, balance, and strength to leave you feeling rejuvenated.

**Warrior Workout:** This high intensity fun filled combination boot camp class pushes you out of your comfort zone. This workout has a lot of variety every week including weights and/or cardio.

**WERQ:** Join the wildly addictive cardio dance class. WERQ (pronounced "work") is the fiercely fun dance fitness workout based on pop and hip hop music. Wear workout clothes and gym shoes. All dance and fitness abilities welcome.

**W.O.W- Women on Weights:** New to strength training? Learn proper technique and gain an understanding of basic strength training routine to prepare for independent workout. Class runs for 8 weeks from when you begin.

**Zumba™:** Try one of the hottest classes in the fitness industry! This workout has been dubbed 'exercise in disguise' because it incorporates dancing to the beats of Latin-inspired music such as Salsa, Merengue, Cumbia, and Reggaton. Come try it out for fun and effective workout! All skill levels welcome!

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