



Fall Group Fitness Schedule Starts Oct 1st



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 Morgan | Bootcamp/HIIT 5:15-6 am April | Body Pump 5:15-6:15 am Morgan | 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 5:30-6:15 am Dawn G | W.O.W 8:45-9:30 am Tammie | |
| Cycling 6-7 am Cheryl | Express Workout 6:15-6:45 am April | Cycling 6-7 am Dawn P | Express Workout 6:15-6:45 am April | Cycling 6-7 am Dawn P | | |
| Senior Fitness 830-9:10 am Robin N | Power Yoga 9:15-10:15 am Monika | Senior Fitness 830-9:10 am Robin N | Zumba Step 9:15-10 am Shar | Senior Fitness 8:30-9:10am Robin N | | |
| Cycle & Strength 9:15-10:15 am Kayla | Silver Sneakers 10:30-11:15 am Cara | Warrior Workout 9:15-10 am Morgan | Vinyasa Yoga 10:05-11:05 am Angel | Cycle & Strength 9:15-10 am Kayla | | |
| Tabata Fusion Kara 12-12:30 pm | Body Pump Express 12-12:30 pm Monika | Bootcamp/HIIT 12-12:30 pm Kara | Silver Sneakers 10:30-11:15 am Cara | Power Yoga 9:15-10:15 am Monika | | |
| Delay The Disease 1-2pm Cara | Power 30 5:15-5:45 pm Mallori | Delay The Disease 1-2 pm Robin N | Intense Core Lindy 12-12:30 pm | Express Workout 12-12:30 pm Amanda | | |
| 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 | Zumba 6-6:45 pm Ana | | |
| Cycling 5:30-6:30 pm Pam | Turbo Kick 6-6:30 pm Mallori | Zumba 5:15-6 pm Andrea | Cycling 5:30-6:30 pm Bob | | | |
| Total Body Shred 6-6:45 pm Ana | | Cycling 5:30-6:30 pm Pam | Zumba Ana 6-6:45pm | | | |
| Oh Baby- Mommy & Me 6-6:45 pm Becky | | Total Body Shred 6-6:45 pm Ana | | | | |
| | | Short Circuits 6-6:30 pm Becky | | Body Pump Launch on October 28th! | | |

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

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.

Intense Core: A 30 minute core workout that will include abs, stretching, lower back, hip exercises, and upper body strengthening. Intermediate-Advanced

Oh Baby: Mommy and Me Fitness: Get ready for a great all around body workout! This class includes strength training for arms and legs combined with cardio and abdominal work. Baby age: 6 weeks-1 year (crawlers welcome, but must be supervised).

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.

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.

Total Body Shred: An intense session of boot camp styled drills with intervals of cardio incorporating battle rope drills, abdominal/oblique work, along with muscular hypertrophy training.

Turbo Kick: Turbo kick is an aerobic exercise, meaning it raises your heart rate and burns calories. Turbo kick teaches participants boxing moves such as kicks and punches. A typical turbo kick class usually features cardiovascular work, strength conditioning, and cooling down.

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.

W.O.W- Women on Weights: New to strength training? Learn proper technique in a class setting. This class is held in the weight room.

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!