



# Group Fitness Schedule

## Effective October 2018

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 5:15-6:15am Mallori	Bootcamp/HIIT 5:15-6 am April	Body Pump 8-9 am Rotation	
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	W.O.W 9-9:45 am Tammie	
Cycling 6:00- 7:00 am Dawn	Express Workout 6:15-6:45 am Ana	Cycling 6:00- 7:00 am Dawn	Express Workout 6:15-6:45 am Ana	Cycling 6:00- 7:00 am Dawn	Cycling 9:15-10:15am Rotation	
Senior Fitness 830-9:10 am Robin N	Power Fusion 9:15-10:15 am Monika	Senior Fitness 830-9:10 am Robin N	Vinyasa Yoga 9:15-10:15am Angel	Senior Fitness 8:30-9:10am Robin N	SHINE™ 10:00-10:55am Julie	
Cardio & Strength 9:15-10:15 am Jenna	Silver Sneakers 10:30-11:15 am Rotation	Cardio & Strength 9:15-10:15 am Jenna	Silver Sneakers 10:30-11:15 am Angel	<b>Spin Fit</b> 9:15-10:15 am Amanda		
Delay The Disease 10:30-11:30am Robin/Cara	Body Pump Express 12-12:45 pm Monika	Delay The Disease 10:30-11:30am Robin	<b>Yoga Basics</b> 11:30-12pm Angel	Express Workout 12-12:30 pm Derek		
Tabata Fusion Kara 12-12:30 pm	Cardio & Strength 5:15-5:50 pm Jenna	Bootcamp/HIIT 12-12:30 pm Kara	Body Sculpt 12:10-12:40 pm Lindy			
Yoga 4:15- 5:05pm Angel	Cycling 5:30-6:30 pm Bob	W.O.W 4:15-5:15 pm Tammie	Full Body Workout 5-5:30 pm Becky			
Zumba 5:15-6 pm Ana	WERQ/Shine 6-6:45 pm Mallori/Julie	Zumba 5:15-6 pm Andrea	Cycling 5:30-6:30 pm Bob			
<b>Youth Fitness*</b> 5:30-6:15 pm Rotation		Full Body Workout 6-6:30 pm Becky	<b>POUND</b> 5:40 - 6:10 pm Candace			
Full Body Workout 6-6:30 pm Becky			SHINE™ 6:20 - 7:00 pm Julie			
				<b>Hot Yoga: Sunday, October 14</b> <b>1:00-2:00pm</b> <b>Registration Required</b> <b>Fee: Member – Free / Community- \$8.25</b>		

\*Youth Fitness will begin October 8

\*\* Tuesday AM Cycling will begin October 9

Classes **bolded** on the schedule are new classes offered

**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

**Cardio & Strength:** Our bodies are made to move and that's just what we'll make them do! This class believes variety is the spice of fitness so we incorporate cardio and strength training into each class using a variety of different methods. This class is designed and modifiable for a variety of fitness levels.

**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.

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

**POUND®:** is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, and improving your health and rocking out!

**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.

**SHINE™:** is a dance fitness class rooted in traditional dance. Those traditional moves are taken and dance routines are created to be easy enough for beginners yet challenging enough for the more seasoned dancer. Targeted results are to improve muscle endurance, elongate muscles and toning, confidence booster, and increase happy endorphins. The class is for all ages and abilities.

**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!

**Spin Fit:** 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!

**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.

**Yoga Basics:** Focus on movements to help strengthen the body and improve balance, flexibility, and coordination. Class incorporates chair and mat work for beginner level. A great option to ease into exercise or help with injury recovery.

**Youth Fitness:** Each week will vary in workout including cardio dance, bootcamp, fitness challenges, yoga, and more. See monthly schedule on front. 8 years and up and parents are welcome to join.

**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!