



Winter 2 Group Fitness Schedule Effective March 6th

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp/HIIT 5:15-6 am Carrie	Body Pump 5:15-6:15 am Rotation	Bootcamp/HIIT 5:15-6 am Carrie	Body Pump 5:15-5:45 am Rotation	Bootcamp/HIIT 5:15-6 am Carrie	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	Cycling 9:15-10:15 am Rotation	
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		
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 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 Amanda		
Delay The Disease 1-2pm Cara	Power 30 5:15-5:45 pm Mallori	Delay The Disease 1-2 pm Robin N	Intense Core 12-12:30 pm Lindy			
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			
Cycling 5:30-6:30 pm Pam	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		Cycling 5:30-6:30 pm Pam	Zumba Ana 6-6:45pm			
		Short Circuits 6-6:30 pm Becky				

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

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!