



Group Fitness Schedule

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp/HIIT 5:15-6 am April	Body Pump 5:15-6:15 am Dawn	Bootcamp/HIIT 5:15-6:00 am April	Body Pump 5:15-6:15am Dawn	Bootcamp/HIIT 5:15-6 am April	Body Pump 8-9 am Rotation	
Cardio Barre 5:15-6:00 am Dawn G	Power Fusion 9:15-10:15 am Monika	Senior Fitness 830-9:10 am Robin N	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	Water Aerobics 9:00 – 10:00 am Marge Classen	Water Aerobics 9:00 – 10:00 am Kristen Brookhiser	Zumba Gold 8:30-9:10 am Julie	Senior Fitness 8:30-9:10am Robin N		
Senior Fitness 830-9:10 am Robin N	Silver Sneakers 10:30-11:15 am Robin	W.O.W 9:00 – 10:00 am Tammie	All Levels Vinyasa Yoga 9:15- 10:15am Angel	Water Aerobics 9:00 – 10:00 am Karen Cahill		
Water Aerobics 9:00 – 10:00 am Marge Classen	Strength Express 12-12:45 pm Amanda	Cardio & Strength 9:15- 10:15 am Amanda	Water Aerobics 9:00 – 10:00 am Karen Cahill	Spin Fit 9:15-10:15 am Amanda		
High Fitness 9:15- 10:15 am Darci	HIGH Fitness 5:30 – 6:20 pm Darci	Delay The Disease 10:30-11:30am Robin	Silver Sneakers 10:30- 11:15 am Jo	Express Workout 12-12:30 pm Amanda		
Delay The Disease 10:30-11:30am Robin	Aquatic Bootcamp 5:30 – 6:30pm Kim	Bootcamp/HIIT 12-12:30 pm Kara	Yoga Basics 11:30-12pm Angel			
Tabata Fusion 12-12:30pm Kara		Zumba 5:15-6 pm Andrea	Body Sculpt 12:10-12:40 pm Lindy			
All Levels Vinyasa Yoga 4:15- 5:05pm Angel		Full Body Workout 6:10-6:40 pm Becky	Body Pump Express 5:15-6:00 pm Angie			
POUND 5:15-6:05pm Candace			Aquatic Bootcamp 5:30 – 6:30pm Kim			
Full Body Workout 6:10-6:40pm Becky			Zumba/Shine Mix 6:15 – 7:15pm Julie			

Aquatic Bootcamp: NEW program that will work every part of your body. This is a mix of the following: swimming, Hit, boot camp, tabata, and so much more.

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. Intermediate-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.

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!

HIGH Fitness: transforms old school aerobics into a highly addictive new fitness experience that combines simple, modern fitness techniques (i.e. HIIT, plyometrics, etc.) with music you know and love. This results in a high energy, INTENSE and crazy fun workout that leaves participants feeling HIGH and wanting more. Our formula alternates between cardio peaks and toning tracks that will take your heart rate to the sky and strength to the next level. 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!

Strength Express: Enjoy an express workout focused on strength based exercises targeting different muscles groups throughout the body.

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.

All Levels Vinyasa Yoga: All levels flow class embodies the true spirit of vinyasa yoga, breath synchronized movement set to music. Class will be taught at a slower pace, with postures held for a longer time as focus is on proper alignment.

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.

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.

Water Aerobics: This full-body workout is a combination of cardio endurance, muscle conditioning, and interval training. You do not need to put your head under water, but your hair may get wet. Great low impact workout! Ages 14 and up

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 Reggaeton. Come try it out for fun and effective workout! All skill levels welcome!

ZUMBA GOLD: This class introduces easy-to-follow Zumba®choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.