

Group Fitness Class Schedule



Fall 2017 Schedule starts Sunday, September 17th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Interval Blast 5:45-6:20 Lovie	Cycle Journey 5:45-6:20 Julie	Interval Blast 5:45-6:20 Lovie	Cycle & Stretch 5:45-6:20 Garrett	Cycle Journey 5:45-6:20 Garrett	Zumba 8:00-8:50 Tamara	Cycle Journey 9:30-10:20 Julie
Aqua Arthritis 8:00-8:50 Archie	Stretch & Roll 6:30-7:20 Julie	Aqua Arthritis 8:00-8:50 Hannah	Aqua Healing Stretch 8:00-8:50 Archana	Aqua Arthritis 8:00-8:50 Kathy	Cycle Journey 8:00-8:50 Julie	Cardio Box 10:30-11:20 Julie
Cycle Journey 8:30-9:20 Nancy	Hydrorider 7:00-7:50 Archana	Aqua Bootcamp 9:00-9:50 Hannah \$	30 Minute Cycle 9:00-9:20 Nancy	Cycle Journey 8:30-9:20 Julie	Hydrorider 8:00-8:50 Archana	
Cardio Splash 9:00-9:50 Hannah	Aqua Healing Stretch 8:00-8:50 Archana	Aqua Arthritis 9:00-9:50 Pat	Core Cardio Balance 9:00-9:50 Geeta	Aqua Arthritis 9:00-9:50 Kathy	Interval Blast 9:00-9:50 Julie	
Aqua Arthritis 9:00-9:50 Pat	Core Cardio Balance 9:00-9:50 Anita	Barre Sculpt 9:30-10:20 Toni	Barre Sculpt 9:30-10:20 Nancy	Vinyasa Flow 9:30-10:20 Rebecca	Hydrorider 9:00-9:50 Archana	
Interval Blast 9:30-10:20- Rebecca	30 Minute Cycle 9:00-9:20 Nancy	Core Cardio Balance 10:00-10:50 Pat	Impact Free Aqua 10:00-10:50 Geeta	Core Cardio Balance 10:00-10:50 Kathy	Cardio Splash 10:00-10:50 Hannah	
Core Cardio Balance 10:00-10:50 Pat	Core Zone 9:30-10:20 Nancy	Aqua Circuits 10:00-10:50 Hannah	Aqua Restorative 11:00-11:50 Geeta	Cardio Splash 10:00-10:50 Hannah	Pilates Mat 9:00-9:50 Terry	
Healing Yoga 10:30-11:20 Rebecca	Impact Free Aqua 10:00-10:50 Anita	Healing Yoga 10:30-11:20 Rebecca	Plex Pump 5:00-5:50 Julie	Aqua Arthritis 1:00-1:50 Anita	Line Dance 10:00-11:20 Sandy	
Be Well MS Noon-12:50 Hannah	Aqua Restorative 11:00-11:50 Anita	Aqua Noodle 11:00-11:50 Pat	Vinyasa Flow 6:00-6:50 Nicole	Restorative Mvmt 1:00-1:50 Rebecca	Impact Free Aqua 11:00-11:30 Hannah	
Aqua Arthritis 1:00-1:50 Hannah	Abs Express 5:30-5:50 Julie	Restorative Mvmt 1:00-1:50 Rebecca	Cycle & Stretch 6:00-6:50 Julie	Cycle Journey 5:30-6:20 Janet		
Restorative Mvmt 1:00-1:50 Rebecca	Plex Pump 6:00-6:50 Julie	Aqua Arthritis 1:00-1:50 Hannah	Cardio Splash 6:30-7:20 Hannah			
Cycle Journey 5:30-6:20 Ali	Family Yoga 6:00-6:50 Ann	Interval Blast 5:00-5:50 Hannah	Line Dance 7:00-7:50 Sandy			
Core Cardio Balance 5:30-6:20 Anita	Impact Free Aqua 6:30-7:20 Adelaide	Core Cardio Balance 5:30-6:20 Kathy W.	Family Karate 7:30-8:20 Tyrone			
Dance FIT 6:00-6:50 Hannah	Cycle Journey 6:00-6:50 Ali	Zumba 6:00-6:50 Sarah				
Core Zone 6:00-6:50 Toni	Power Yoga 7-7:50 Breanne	Family Karate 6:00-6:50 Tyrone				
Be Well Prenatal Plus 6:30-7:20 Anita		Cycle Journey 6:00-6:50 Ali				
H.I.I.T 7:00-7:50 Tamara		Aqua Healing Stretch 6:30-7:20 Kathy W.				
Healing Yoga 7:00-7:50 Nicole		Healing Yoga 7:00-7:50 Christine				Fitness Studio
Aqua Arthritis 6:30-7:20 Terry		Aqua Noodle 7:30-8:20 Kathy W.				Mind/Body Studio
Aqua Noodle 7:30-8:20 Terry						Cycling Studio
						Lap Pool
						Therapy Pool

Group Exercise Supervisor: Rebecca Bedel | 682-1205 | Rbedel@mercy.com

Fairfield HealthPlex | 3050 Mack Road, Suite 210 | Fairfield, OH 45104 | MercyHealthPlex.com

LAND CLASSES

CARDIOVASCULAR & DANCE-BASED

Cycle Journey

Burn calories and improve athletic performance through varied terrain rides on a stationary bike. Follow the pace of the instructor or set your own pace to meet your personal goals.

Cardio Box

Cardio, boxing and martial arts combine to provide a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance.

Line Dancing

Learn popular line dances while burning calories. Each dance is choreographed to 3 songs - slow, medium and fast - to challenge your dancing skills and get the heart rate up.

Zumba® Dance

Zumba combines high energy and motivating music with unique Latin style moves and combinations. Prepare to burn maximum calories while having the time of your life!

Barre Sculpt

A fusion of Ballet, Pilates and Barre exercises to improve core balance, strength and overall flexibility. If you want to feel stronger, taller and more toned this is the class for you.

Dance FIT

This class is based on current trends and dance moves that keep moving to the beat of contemporary music from all over the world.

CORE TRAINING

Abs Express

This non-aerobic conditioning class focuses on abdominals, lower back, shoulders and hip girdles to enhance abdominal definition, core stability and flexibility.

Core Zone

A high-intensity approach to shaping and strengthening the powerhouse/core. Build trunk muscles, raise the heart rate and rediscover that washboard stomach.

STRENGTH TRAINING

Interval Blast

This interval workout includes equal segments of calorie burning aerobic activity and strength training.

H.I.I.T. (High Intensity Interval Training)

Alternate intense work - 80-90% of your target heart rate - with active recovery - 40-50% of your target heart rate - for a challenging yet manageable workout.

Plex Pump

Work every single major muscle group in your body during this 60-minute class. We'll use barbells, hand weights and resistance tubes.

GENTLE TRAINING

Stretch & Roll

Foam rolling is a way of massaging away muscle soreness, boosting recovery and preparing your muscles for deeper stretching. It can improve posture, flexibility, increase blood flow and over all wellbeing.

Restorative Movement

Cross train your mind and body with gentle conditioning movements, Tai Chi, Pilates and light stretching. Optional use of a chair, wall or mat. This class helps keep bones and muscles strong to improve range of motion and stability.

MIND BODY TRAINING

Pilates Mat

A series of mat exercises emphasize core strength, flexibility, and awareness to support efficient, graceful movement.

Healing Yoga

A safe introduction to basic yoga postures plus breathing and relaxation techniques. Easy-to-follow instruction makes this class suitable for beginners. Ongoing students welcome.

Vinyasa Flow

A flowing sequence of postures directly related to the breath enhance your body awareness and decrease stress.

Power Yoga

An advanced form of yoga focused on strength and core conditioning not recommended for beginner yoga students.

Family Yoga

Yoga is beneficial for kids, too! Age-appropriate poses build core muscles, improve balance and increase concentration.

Family Karate

Martial arts is a sport that all ages can enjoy. Bring the kids and get a great family workout.

WARM WATER POOL CLASSES

Aqua Arthritis

Designed to help manage joint pain and stiffness. Gentle movements improve range of motion, increase flexibility and reduce pain.

Core, Cardio & Balance

Low impact cardio and strength exercises improve balance, keep bones and muscles strong and improve cardiovascular health.

Aqua Restorative Movement

Movements focus on muscle strengthening to improve coordination, dexterity, balance and stability for those with Central Nervous System conditions including stroke, Parkinson's and Fibromyalgia.

Aqua Healing Stretch

Gentle movements designed for those with limited mobility due to arthritis or other orthopedic conditions help improve range of motion and flexibility.

Aqua Noodle

Noodles are a versatile water tool - push and pull for resistance, lean for support, sit for suspension. The possibilities are endless!

LAP POOL CLASSES

Cardio SPLASH

This low impact class incorporates unique movements that stimulate all major muscle groups while keeping your heart pumping.

HydroRIDER

A stationary bike is immersed in water to provide the excitement of cycling with the added resistance the water provides. Shoes required.

Impact Free Aqua

Buoyancy belts provide no-impact cardio that's appropriate for all levels but challenging enough for experienced aquatic exercisers.

Be Well Prenatal Plus

Movements focus on muscle strengthening to improve coordination, dexterity, balance and stability. Great for Post/Prenatal, Parkinson's, or Central Nervous System conditions.

Aqua Circuits

Get ready for a high-intensity workout as you move from station-to-station. You'll be glad the water helps to cool you off as you kick your fitness level into over-drive!

POOL AVAILABILITY

Reduced lap pool lane space available Monday-Friday, 4pm-7:45pm and Saturday 7am-9am for Sea Wolves swim team.

Lap pool is CLOSED to general lap swimmers/walkers on:

Monday 6:30p-7:30p

Tuesday 6:30p-7:30p

Thursday 6:30p-7:30p

Saturday 8:00a-9:00a

for swim team and group ex classes.

WARM WATER THERAPY POOL AVAILABILITY

The Warm Water Therapy Pool is CLOSED at the following times for physical therapy:

Monday & Friday

11am-1pm

Tuesday

1pm-3pm

Wednesday & Thursday

3pm-5pm

Adult Swim is as follows:

Thursday

1pm-2pm

Pool availability varies during all other club hours and is on a first come, first served basis.