

Group Fitness Class Schedule

Summer 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Intervals 5:45-6:25 Lovie	Group Cycle 5:45-6:25 Julie	Intervals 5:45-6:25 Lovie	Group Cycle 5:45-6:25 Garrett	Group Cycle 5:45-6:25 Garrett	Zumba 8:00-8:55 Tamara	Group Cycling 9:30-10:25 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	Group Cycling 8:00-8:55 Julie	Core/Kickboxing 10:30-11:25 Julie
Group Cycling 8:30-9:25 Nancy	Hydrorider 7:00-7:50 Archana	Aqua Bootcamp 9:00-9:50 Hannah \$	30 Minute Cycle 9:00-9:25 Nancy	Group Cycling 8:30-9:25 Julie	Hydrorider 8:00-8:50 Archana	Group Cycling 10:45-11:40 Ali
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	Intervals 9:00-9:50 Julie	
Aqua Arthritis 9:00-9:50 Pat	Core Cardio Balance 9:00-9:50 Hannah	Pilates Barre 9:30-10:25 Toni	Pilates Barre 9:30-10:25 Nancy	Vinyasa 9:30-10:25 Rebecca	Hydrorider 9:00-9:50 Archana	
Power Express 9:30-10:15 Rebecca	30 Minute Cycle 9:00-9:25 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 & More 9:30-10:25 Nancy	Aqua Circuits 10:00-10:50 Hannah	Aqua Restorative 11:00-11:50 Geeta	Cardio Splash 10:00-10:50 Hannah	Pilates Mat 9:00-9:55 Terri	
Vinyasa 10:30-11:25 Rebecca	Impact Free Aqua 10:00-10:50 Hannah	Healing Yoga 10:30-11:25 Rebecca	Lift 5:00-5:55 Julie	Aqua Arthritis 1:00-1:50 Anita	Line Dance 10:00-11:25 Sandy	
Be Well MS Noon-12:50 Hannah	Aqua Restorative 11:00-11:50 Hannah	Aqua Noodle 11:00-11:50 Pat	Beginner Vinyasa 6:00-6:55 Nicole	Restorative Mvmt 1:00-1:55 Rebecca		
Aqua Arthritis 1:00-1:50 Hannah	Abs Express 5:30-5:55 Julie	Restorative Mvmt 1:00-1:55 Rebecca	Cycle & Stretch 6:00-6:55 Julie	Group Cycling 5:30-6:15 Janet		
Restorative Mvmt 1:00-1:55 Rebecca	Lift 6:00-6:55 Julie	Aqua Arthritis 1:00-1:50 Hannah	Cardio Splash 6:30-7:20 Hannah			
Group Cycling 5:00-5:55 Ali	Family Yoga 6:00-6:55 Ann	Power Express 5:00-5:45 Hannah	Line Dance 7:00-7:55 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 Fix 6:00-6:55 Hannah	Group Cycling 6:00-6:55 Ali	Zumba 6:00-6:55 Sarah				
Core & More 6:00-6:55 Toni		Family Karate 6:00-6:55 Tyrone				Group Fitness Studio
Aqua Restorative 6:30-7:20 Anita		Group Cycling 6:00-6:55 Ali				Mind/Body Studio
H.I.I.T 7:00-7:50 Tamara		Aqua Healing Yoga 6:30-7:20 Kathy W.				Cycling Studio
Healing Yoga 7:00-7:55 Nicole		Healing Yoga 7:00-7:55 Christine				Lap Pool
		Aqua Noodle 7:30-8:20 Kathy W.				Therapy Pool

Group Exercise Supervisor: Rebecca Bedel | 513-682-1205 | Rbedel@mercy.com

Fairfield HealthPlex | 3050 Mack Road, Suite 210 | Fairfield, OH 45014 | MercyHealthPlex.com

LAND CLASSES

CARDIOVASCULAR & DANCE-BASED

Plex Cycle

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.

Kickboxing

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!

Zumba Core

Take the calorie scorching, party vibe of Zumba and pair it with Pilates. We'll dance for 45-minutes and then hit the floor for core focuses exercises.

Pilates Barre

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 Fix

This class blends dance moves and makes them simple and easy to follow. This workout feels more like a night on the town than an exercise class. Anyone can do this!

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 And More

A high-intensity approach to shaping and strengthening the midsection and core. Build trunk muscles and raise the heart rate shed the fat that's been hiding that washboard stomach.

STRENGTH TRAINING

Intervals

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.

Lift

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

Power Express

Get your heart rate elevated and burn major calories in this interval class that fuses Cardio with a splash of Pilates.

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 overall 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.

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.

MIND BODY TRAINING

Pilates Mat

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

Vinyasa Yoga

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

Family Yoga

Yoga is beneficial for kids, too! Age-appropriate posed 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 Yoga

Stretch your body and learn to breathe with ease using proven yoga techniques. Destress your mind and stretch without pain or fear. An excellent class option for pain management.

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 BeWell MS

Challenge your muscular strength and cardiovascular endurance to improve your ability to perform every day activities.

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.

Aqua Restorative Health

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 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 lane space available Monday- Friday, 4pm-745pm for Sea Wolves swim team.

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