

Group Fitness Class Schedule

EFFECTIVE May 1 - 31



Anderson HealthPlex

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|--|--|---|--|
| 6:00-6:45 FIELD Sydney | 5:30-6:15 Trekking Dennis | 5:30-6:15 Cycle Melissa | 5:30-6:15 Trekking Dennis | 5:30-6:15 Cycle Martha | 7:15-8:00 Trekking Dennis | 8:30-9:15 Cycle Lorry |
| 9:15-10:00 Barre Maria | 6:00-6:45 FIELD Nic | 6:00-6:45 FIELD Sydney | 6:00-6:45 FIELD Nic | 6:00-6:45 FIELD Sydney | 8:30-9:15 Cycle Lisa / Martha | 9:30-10:30 Qigong Mike |
| 9:30-10:15 FIELD Sydney | 8:30-9:15 Cycle June | 8:00-8:45 Tone & Chisel Denise | 8:00-8:45 Tabata Julie | 8:00-8:45 Body Pump Lorry | 8:30-9:15 Cardio Step Jessica/Linda | 10:00-10:45 Body Pump Lorry |
| 10:00-10:45 Cardio Splash Jannine | 8:30-9:00 Pilates 30 Christy | 8:00-8:45 Aqua Arthritis Jannine | 8:30-9:15 Senior Circuit Kelly | 8:00-8:45 Aqua Arthritis Judy | 8:45-9:30 Trekking + Strength Dennis | 10:40-11:55 Yoga Flow Bo |
| 10:00-10:45 Sit & Strengthen Melissa | 8:30-9:15 Senior Circuit Sydney | 9:00-9:45 Impact Free Aqua Jannine | 9:15-10:00 Cardio Step Jessica | 8:30-9:15 Cycle Kim E. | 9:00-9:45 Aqua Arthritis Rotation | |
| 11:00-11:45 Aqua Circuit Jannine | 9:15-10:00 Cardio Tone Linda | 9:30-10:15 FIELD Sydney | 9:15-10:15 Yang Yin Kristen | 9:00-10:00 Tai Chi Sue | 9:00-9:45 FIELD Brendan/Nic | |
| 11:00-12:00 Detox Yoga Gina | 9:30-10:15 HydroRider Jannine | 9:30-10:15 Barre Kristen | 9:30-10:15 HydroRider June | 9:15-10:00 Cardio Barre Julie | 9:00-10:00 Yoga Flow Kristen | |
| 12:00-12:45 Aqua Arthritis Martha | 9:30-10:15 Trekking Dennis | 10:00-10:45 Cardio Splash Rotation | 9:30-10:15 Trekking Dennis | 9:30-10:15 FIELD Brendan | 9:30-10:15 F.I.T. Amy | |
| 12:00-12:45 FIELD Josh | 10:15-11:15 Yoga Flow <small>NEW TIME!</small> Kristen | 10:00-10:45 Sit & Strengthen Melissa | 10:15-11:00 Pilates Christy | 10:00-10:45 Cardio Splash June | 10:00-10:45 Impact Free Aqua Coleen | |
| 3:00-3:45 Aqua Arthritis Susan | 10:15-11:00 Strength & Balance Melissa | 11:00-11:45 Aqua Circuit Susan | 10:30-11:15 Balance & Stability Melissa | 10:30-11:30 Yoga Amanda | 10:15-11:15 Yin Yoga Kristen | |
| 5:00-5:45 Body Pump Lindsay | 11:30-12:30 Chair Yoga <small>NEW TIME!</small> Kristen | 11:00-12:00 Yoga Flow Amanda | 11:00-11:45 Aqua Circuit June | 11:00-11:45 Aqua Circuit Kim H. | 11:00-11:45 HydroRider Rotation | |
| 6:00-6:45 FIELD Erik | 12:00-12:45 F. I. T. Amy | 12:00-12:45 FIELD Josh | 11:30-12:30 Chair Yoga Gina | 12:00-12:45 Aqua Arthritis Kim H. | | |
| 7:00-7:45 Pilates Kim E. | 5:30-6:15 F. I. T. Amy | 3:00-3:45 Aqua Arthritis Martha W. | 12:00-12:45 F. I. T. Amy | 12:00-12:45 FIELD Sydney | | |
| | 5:30-6:00 Cycle 30 Lorry | 6:00-6:45 Fit 2 the Core Lindsay | 5:30-6:15 Body Pump Marie | | | |
| | 6:00-6:45 FIELD Brendan | 6:00-6:45 Cycle Lisa | 6:00-6:45 FIELD Brendan | | <p>Register for classes up to 36 hour in advance online or at the Front Desk: 513-624-1871.</p> <p>For more information, contact: June Navaro, Group Ex Coordinator 513-233-6966</p> | |
| | 6:30-7:15 Aqua Arthritis Joanne | 6:00-6:45 FIELD Brendan | 6:30-7:15 Aqua Circuit Coleen | | | |
| | 6:30-7:15 Body Pump Lorry | 6:30-7:15 Aqua Circuit Rotation | 6:30-7:30 Yoga Flow Bo | | <p>Group Fitness Studio</p> <p>Mind/Body Studio</p> <p>Cycle Studio</p> <p>Lap Pool</p> <p>Warm Water Pool</p> <p>Gym/Fitness Floor</p> <p>THE FIELD</p> | |
| | 7:00-8:00 Restorative Yoga Tori | | 6:30-7:15 F.I.T. Erik | | | |

LAND CLASSES

Advanced Yoga Poses

Develop a stronger level 2 practice by working on safe entry and exit on inversions, arm balances and advanced sequences and flows.

Balance & Stability for Seniors

Exercises are performed primarily from a chair. Participants should be able to stand and walk without assistance.

Barre/Cardio Barre

Low impact movements to strengthen, tone and increase flexibility. Improve balance, range of motion and endurance. Cardio Barre adds cardio intervals to the workout.

Body Pump

Challenge every muscle group in this barbell class designed to build strength, tone your body and push you to your limit.

Cardio Tone/Step/Core

Basic choreography using a step, core workout following.

Chair Yoga

Simple techniques help you breathe with ease and gently stretch without pain or fear. Manage pain, destress and find peace and tranquility.

Cycle

Performed on a stationary bike and set to pumping music. Based on real terrain rides with a focus on heart rate and cadence.

Detoxification Yoga

Yoga poses that support your body's natural detox process with a focus on breath to stimulate the release of stress, sadness, depression and fear.

FIELD

High intensity, action-packed classes for those looking for a results driven workout. Modifications made to accommodate joint/muscle limitations.

F.I.T.

Full-body strength and cardio workout plus abs. Modifications made for any joint/muscle limitations.

Fit 2 the Core

A high energy class, to build aerobic fitness while also building muscle strength, with moves that cater to all levels and goals.

Pilates

Pilates and ballet exercises focus on core stability and balance to sculpt thighs, tone and firm glutes and flatten abdominals.

Qigong

Meditation along with self-healing movements, postures and self-massage techniques help promote mental equanimity, emotional clarity and physical vitality.

Restorative Yoga

Relax and rest with 15 minutes of gentle stretching followed by 45 minutes of relaxation. Restorative poses to calm your mind and body to prepare for rest.

Senior Circuits

Circuit-style training for Seniors on the Fitness Floor.

Sit, Stretch & Strengthen

Simple strengthening exercises performed seated or with the support of a chair. Keeps bones and muscles strong and joints moving.

Tabata

Total body workout incorporating strength and cardio timed intervals designed to target all muscle groups including core.

Tai-Chi

A combination of graceful and gentle meditative movements focused on cultivating breathing and its relation to energy and mindfulness.

Trekking

Heart pumping experience on the treadmill. Includes running, walking up hills and speed intensity intervals. Trekking+ adds strength training to the workout.

Tone & Chisel

Strength training using free weights, tubing, body bars, medicine balls and stability balls.

Yang Yin Yoga

Blending two styles of yoga into one practice- 40 min dynamic sequences and standing postures to warm the body followed by 20 min slower practice holding yoga poses to calm the mind.

Yin Yoga

A slow-paced style of yoga with poses that are held for longer periods of time - five minutes or more per pose is typical.

Yoga

Foundational yoga postures to align, strengthen and promote flexibility in the body with focus on breathing techniques and full-body balance and relaxation.

Yoga Flow

A flowing form of yoga designed to increase strength, endurance and flexibility. Focus on mindful movement and breath throughout the practice.

Zumba

Dance rhythms set to high-energy Latin and international beats that provide an amazing, fun workout!

The FIELD Reserved for Physical Therapy

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| Monday & Wednesday | 10:00 am - 6:00 pm |
| Friday | 7:00 am - 12:00 pm |

WATER CLASSES

Aqua Arthritis

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

Aqua Circuit

A low impact Aqua cardio class with cardio, and equipment to challenge your balance, strength and core.

Aqua Intervals

Shallow water HIIT (short periods of intense exercise with rest/recovery periods) using buoyancy to exercise at higher intensity with less impact on the body.

Cardio Splash/Aqua Zumba

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 a no-impact cardio workout. Great for beginners but challenging enough for experienced aqua exercisers.

Adult Swim in the Warm Water Pool

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|-------------|---------------------------------|
| Mon-Wed-Fri | 7:00 - 8:00 am 2:00 - 3:00 pm |
| Tue-Thu | 7:00 - 8:00 am |

Warm Water Pool Closed for Physical Therapy

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| Tue-Thu | 2:00 - 3:30 pm |
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Warm Water Pool Closed for Swim Lessons

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| Sat | 10:00 am - 1:00 pm |
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