

Monday Tuesday Wednesday Thursday Friday Saturday

Bootcamp 5:30-6:30am Kelly GX	Cycle Sculpt 5:45-6:45am Kelly CS-GX	Yoga 8:30-9:30pm Heather B MB	Virtual Cycle 6-7am Virtual No Instructor CS	Bootcamp 5:30-6:30am Kelly GX	MetKon RX 8:30-9:30am Melissa GX
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Circuit Strength and Balance Advanced 8:45-9:30am Eileen GX	Boot Camp 8:30-9:15am Romina GX		Boot Camp 8:30-9:15am Romina GX	Virtual Cycle 8-8:45am Virtual Instructor CS	Zumba 10:15-11:15am Savannah GX
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Virtual Cycle 9:30-10am No Instructor CS	Cycle Express 9:30-10am Ali CS	Cycle 9-9:45am (+15 min option) Kelly CS	Cycle Express 9:30-10am Ali CS	Resist -a -Ball 8:30-9:15am Ali GX	
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YogaFlex 9:30-10:30am Jennifer MB	Yoga 9:30-10:30pm Heather B MB	Barre 9:45-10:30am Jennifer MB	Circuit Strength & Balance 9:45-10:30am Eileen GX	Barre 9:30-10:15am Lisa MB	
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Core Sculpt 12:15-12:45pm Becca GX	Strength & Balance 10-10:30am Jennifer GX	Zumba 11-11:50am Ian GX	Senior Gentle Yoga 1:30-2:30pm Heather B MB	Functional Flexibility 9:30-10:15am Jennifer GX	Bike and Bands 8:30-9:30am Kelly CS
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Zumba Toning 1:30-2:30pm Lesa GX	Zumba 10:35-11:35am Jennifer GX	HIIT Express 12:15-12:45pm Becca GX	Cycle Sculpt 4:30-5:30 pm Brooke CS-GX	PD* Early Onset Support Group 12:00-1:00pm 6/6, 6/20 Abbey MB	Core and More! 9:45-10:30 am Kelly GX
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Cycle Sculpt 4:30-5:30pm Brooke CS/GX	Gentle Yoga 1:30-2:30pm Heather B MB	Silver Sneakers BOOM Muscle™ 1:30-2:30pm Eileen GX	Zumba 5:30-6:30pm Jennifer GX	Strength Express 12:15-12:45pm Becca GX	
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Cardio KickBoxing 5:30-6:15pm Maryann GX	HIIT + CORE 4:30-5:15pm Brooke GX	Resist-A-Ball STRONG 4:30-5:15pm Ali CS		Silver Sneakers BOOM Move™ 1:30-2:30pm Marci GX	
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Yoga Sculpt 5:30-6:15 pm Amber MB	Pilates 5:30-6:15pm Maryann MB		PD* Class--Delay the Disease™ 2:45-3:30pm Jeannine GF
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MetKon RX 6:30-7:30pm Melissa GX			*PD = Parkinson's Disease
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Class Descriptions

Barre: A total body workout inspired by elements of ballet, yoga, and Pilates.

Cardio Bootcamp: This fun and intense group workout combines both cardio and strength/resistance training for a total body workout.

Cardio KickBoxing: Cardio Kickboxing is a total body workout that involves utilizing multiple muscle groups to elevate the heart rate and train participants in speed, agility, and quickness. You'll work your legs, core, arms, and shoulders while improving your balance, coordination, and agility.

Cardio Sculpt Mix: This HIIT-based workout combines the best of cardio with the best of resistance training into one powerhouse workout for the whole body.

Circuit Strength & Balance: Improve your strength, balance and coordination in this total body workout -- circuit style!

Circuit Sweat: Burn calories and boost your metabolism in this circuit-driven workout that incorporates a variety of equipment for a total body workout.

Core and More: You sweat and build important core strength plus in this class to get your body ready for anything

Cycle: Set to amazing music, this great cardiovascular workout will send you pedaling through hill climbs, sprints, and many other challenging drills and exercises.

Cycle Sculpt: This class will have you burning calories on the bike and boosting your metabolism with sculpting exercises.

Delay the Disease™ : OhioHealth Delay the Disease™ is an evidence-based fitness program designed to optimize physical function and help delay the progression of symptoms associated with Parkinson's disease.

Functional Flexibility: Functional exercises and stretches to increase strength, flexibility and mobility.

Gentle Yoga: A basic yoga class appropriate for those who want a softer, nurturing, slower-paced class. Special focus on breathing and relaxation techniques.

HIIT Express: Build stamina, improve core strength, coordination and flexibility, and burn calories as you build lean muscle in this fun and challenging workout.

Lift and CONQUER: Lift and Conquer is a dynamic and empowering class designed to help participants build strength, resilience, and confidence through targeted physical training.

Mat Pilates: Stretch and strengthen your body, build your core and tone from head to toe.

MetKon RX: A full body interval strength training class that boosts your metabolic rate and burns calories long after the workout.

Pilates Express: All of the benefits of a full-length Pilates class wrapped into 30 minutes!

Resist-a-ball: A non-aerobic workout that uses whole body control to tone and define. Stimulate smaller muscles while increasing good posture and balance.

Resist-a-ball STRONG: Strengthens your back, improves postural alignment, abdominal strength, coordination, balance, and flexibility

Silver Sneakers BOOM Move™: MOVE is a fun, dance-inspired workout. The class improves cardio fitness with easy-to-follow moves and energizing music.

Silver Sneakers BOOM Muscle™: Muscle condition blocks and activity specific intervals to improve cardiovascular health and functional skill.

Strength & Balance: Creative exercises that will increase strength, joint stability, mobility, flexibility and balance using a variety of equipment.

Strength Express: A 30-minute workout that sculpts and tones the entire body.

YogaFlex: Combining elements of Functional Flexibility and Yin Yoga, we will build strength and flexibility through a variety of poses and stretches with sections of longer holds to encourage deeper stretching.

Zumba: A fusion of Latin and international music/dance themes that create a dynamic, exciting workout.

Zumba Toning: For those who want to party with extra emphasis on toning and sculpting.