

Monday Tuesday Wednesday Thursday Friday Saturday

Bootcamp
5:30-6:30am
Kelly | GX

Cycle Sculpt
5:45-6:45am
Kelly | CS-GX

Yoga
8:30-9:30am
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

**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

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

YogaFlex
9:30-10:30am
Jennifer | MB

Yoga
9:30-10:30am
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

Sunday

Core Sculpt
12:15-12:45pm
Becca | GX

**Strength &
Balance**
10-10:30am
Jennifer | GX

Zumba
11-11:50am
Ian | GX

Zumba GOLD
11:30-12:30am
Marci | GX

**Functional
Flexibility**
9:30-10:15am
Jennifer | GX

Bike and Bands
8:30-9:30am
Kelly | CS

Zumba Toning
1:30-2:30pm
Lesa | GX

Zumba
10:35-11:35am
Jennifer | GX

HIIT Express
12:15-12:45pm
Becca | GX

Senior Gentle Yoga
1:30-2:30pm
Heather B | MB

**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

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

Cycle Sculpt
4:30-5:30 pm
Brooke | CS-GX

Strength Express
12:15-12:45pm
Becca | GX

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

Zumba
5:30-6:30pm
Jennifer | GX

**Silver Sneakers
BOOM Move™**
1:30-2:30pm
Marci | GX

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

MetKon RX
6:30-7:30pm
Melissa | GX

***PD =
Parkinson's
Disease**

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.