

MARCH FITNESS SCHEDULE



Time-ish	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
5:30A	BOOTCAMP 5:30-6:30A KELLY - GF	VIRTUAL CYCLE 6:00-7:00A CS	BOOTCAMP 5:30-6:30A NICK- GF	VIRTUAL CYCLE 6:00-7:00A CS	BOOTCAMP 5:30-6:30A KELLY - GF	SAT
						METKON RX 8:30-9:30A MELISSA- GF
8:30A	CIRCUIT STRENGTH AND BALANCE ADVANCED 8:45-9:30A JENNA-GF	SCULPT & STRENGTH 8:30-9:15A ALI-GF	YOGA 8:30-9:30A HEATHER-MB	SCULPT & STRENGTH 8:30-9:15A JENNA-GF	RESIST-A-BALL 8:30-9:15A ALI-GF	RESISTA-BALL 9:45-10:30A FELICITY- GF
9:30A	THE POWER PAIR TRX AND KETTLEBELLS 9:45-10:30A JENNA-MB	CYCLE EXPRESS 9:30-10:00A ALI - CS	YOGA 9:30-10:30A HEATHER-MB	CYCLE 9:00-9:45A KELLY - CS	CYCLE EXPRESS 9:30-10:00A ALI - CS	BARRE 9:30-10:15A ALI-MB
10:30A	YOGA FLEX 10:45-11:45A JENNIFER-MB	ZUMBA 10:35-11:35A JENNIFER-GF	ZUMBA 11:00-11:50A IAN-GF	CIRCUIT STRENGTH AND BALANCE 9:45-10:30A EILEEN-GF	FUNCT FLEXIBILITY 9:30-10:15A JENNIFER-GF	
12:30P	FULL BODY FIT 12:15-12:45P BECCA-GF		STRAIGHT UP STRENGTH 12:15-12:45P BECCA-GF			SUN
SENIOR CLASSES 1:30P	ZUMBA TONING 1:30-2:30P LESA-GF	GENTLE YOGA 1:30-2:30P NAINA-MB	SILVER SNEAKERS BOOM MUSCLE 1:30-2:30P EILEEN-GF	GENTLE YOGA 1:30-2:30P HEATHER-MB	SILVER SNEAKERS BOOM MOVE 1:30-2:30P MARCI-GF	BIKE & BANDS 8:30-9:30A KELLY- CS
PARKINSONS DISEASE CLASSES	FIND YOUR BALANCE 3:30-4:15P TORI-GF				DELAY THE DISEASE 2:45-3:30P JEANINE-GF	SCULPT & STRENGTH 9:45-10:30A KELLY- GF
4:30P	CYCLE SCULPT 4:30-5:15P BROOKE-CS/GF	HIIT + CORE 4:30-5:15P BROOKE-GF		HIIT + CORE 4:30-5:15P BROOKE-GF		
5:30P	YOGA SCULPT 5:30-6:15P AMBER-MB		FULL BODY SCULPT 5:30-6:15P MARYANN-GF	ZUMBA 5:30-6:15P JENNIFER-GF		
6:30P		METKON RX 6:30-7:30P MELISSA- GF	BARRE 5:45-6:30P LISA - MB	FUNCT FLEXIBIITY 6:30-7:00P JENNIFER-GF		

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

Bike and Bands: An cycle class with arm band strength move breaks. Raise and lower your heart rate while working out your total body.

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.

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

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.

Full Body Fit: A 30 minute workout hitting all the areas of your body for a complete workout.

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 + Core: Rev your metabolism and build stamina with HIIT while also targeting the core strength you want.

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

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.

Power Pair-TRX and Kettlebells: This high-intensity, full-body class blends suspension training with weighted Kettlebell exercises to build strength, power, and core stability

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

Sculpt and Strength: Focus on lifting form and movement to gain strength. Various formats including blocks and circuits.

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.

Straight -Up Strength: 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.:

Yoga Sculpt: A dynamic and invigorating workout that combines traditional yoga poses with strength training

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.