

JUNE "SUMMER" 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
						METRON 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	
9:30A	THE POWER PAIR TRX AND KETTLEBELLS 9:45-10:30A JENNA-MB	SENIOR STRENGTH EXPRESS 9:45-10:15 EILEEN/GINGER GF	CYCLE EXPRESS 9:30-10:00A ALI - CS	YOGA 9:30-10:30A HEATHER-MB	CYCLE STRONG 9:00-9:45A KELLY - CS	CYCLE EXPRESS 9:30-10:00A ALI - CS
10:30A	YOGA FLEX 10:45-11:45A JENNIFER-MB	ZUMBA 10:30-11:30A JENNIFER-GF	ZUMBA GOLD 11-11:50A MARCI - GF	CIRCUIT STRENGTH AND BALANCE 9:45-10:30A EILEEN-GF	BARRE 9:30-10:15A ALI-MB	FUNCT FLEXIBILITY 9:30-10:15A JENNIFER-GF
12:30P	FULL BODY FIT 12:15-12:45 KAYLA - GF		STRAIGHT UP STRENGTH 12:15-12:45 EILEEN/JENNA - 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	CYCLE 8:30-9:15A KELLY- CS
PARKINSONS DISEASE CLASSES	BETTER BALANCE 101 3:45-4:30P JEANNINE-GF				DELAY THE DISEASE 2:45-3:30P JEANINE-GF	
4:30P	CYCLE SCULPT 4:30-5:15P BROOKE-CS/GF	HIIT + CORE 4:30-5:15P BROOKE-GF		SCULPT & STRENGTH 4:30-5:15 BROOKE- GF		
5:30P	YOGA SCULPT 5:30-6:15P AMBER-MB		FUNCTIONAL STRENGTH + FLEXIBILITY 5:15-6:00P JENNIFER-GF	ZUMBA 5:30-6:30P JENNIFER-GF		
6:30P		METRON RX 6:30-7:30P MELISSA- GF				

Low Intensity Classes - Great for beginners, those returning after injury, or anyone wanting a lower-impact/gentler workout. Movements are controlled with options for support (like chair or wall work), and minimal floor transitions.

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

Better Balance 101 Parkinson Disease Class: In this class, we connect the components of balance by finding our center of gravity as well as through visual and isolated exercises focused on improving our balance.

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

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

Senior Strength Express: A 30 minute full-body workout using dumbbells of your choice and sometimes various strength equipment such as bands, steppers, bars, etc.

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

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 Toning: For those who want to party with extra emphasis on toning and sculpting. Modifies to ALL levels. **Zumba Gold** is less jumping.

Moderate Intensity Classes - Best for members comfortable with regular exercise who want to build endurance and strength. May include light impact, balance challenges, and getting up and down from the floor.

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

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

Cycle: Set to amazing music, this great cardiovascular workout will send you pedaling through hill climbs, sprints, and many other challenging drills and exercises. Modifies to ALL levels. **Virtual Cycle** is a cycle video class. **Cycle Strong** has circuits of arm exercises with DBs between cycling.

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

Functional Strength + Flexibility: This class combines strength training exercises and flexibility drills to improve mobility, balance and functional fitness.

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

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.

Sculpt and Strength: Focus on lifting form and movement to gain strength. Various formats including circuits, stacks, blocks, and ladder workouts. Modifies to High Int.

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

Yoga: guided session combining physical postures (asanas), breathing techniques (pranayama), and meditation to build strength, increase flexibility, and reduce stress.

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. Modifies to ALL levels.

High Intensity Classes - Recommended for experienced exercisers who are comfortable with a fast-paced, challenging workout designed to elevate heart rate, build (strength, and may include higher impact movements (like jumping or quick transitions), heavier resistance, and frequent floor work.

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

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

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

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 full-body class blends suspension training with weighted Kettlebell exercises to build strength, power, and core stability

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