

# MAY FITNESS SCHEDULE



Time-ish	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
5:30A	<b>BOOTCAMP</b> 5:30-6:30A KELLY - GF	<b>VIRTUAL CYCLE</b> 6:00-7:00A CS	<b>BOOTCAMP</b> 5:30-6:30A NICK- GF	<b>VIRTUAL CYCLE</b> 6:00-7:00A CS	<b>BOOTCAMP</b> 5:30-6:30A KELLY - GF	<b>SAT</b>
						<b>METRON RX</b> 8:30-9:30A MELISSA- GF
8:30A	<b>CIRCUIT STRENGTH AND BALANCE ADVANCED</b> 8:45-9:30A JENNA-GF	<b>SCULPT &amp; STRENGTH</b> 8:30-9:15A ALI-GF	<b>YOGA</b> 8:30-9:30A HEATHER-MB	<b>SCULPT &amp; STRENGTH</b> 8:30-9:15A JENNA-GF	<b>RESIST-A-BALL</b> 8:30-9:15A ALI-GF	<b>RESISTA-BALL</b> 9:45-10:30A FELICITY- GF
9:30A	<b>THE POWER PAIR</b> TRX AND KETTLEBELLS 9:45-10:30A JENNA-MB	<b>SENIOR STRENGTH EXPRESS</b> 9:45-10:15 EILEEN/GINGER GF	<b>CYCLE EXPRESS</b> 9:30-10:00A ALI - CS	<b>YOGA</b> 9:30-10:30A HEATHER-MB	<b>CYCLE STRONG</b> 9:00-9:45A KELLY - CS	<b>CYCLE EXPRESS</b> 9:30-10:00A ALI - CS
10:30A	<b>BARRE</b> 9:30-10:15A ALI-MB	<b>YOGA FLEX</b> 10:45-11:45A JENNIFER-MB	<b>ZUMBA</b> 10:35-11:35A JENNIFER-GF	<b>ZUMBA</b> 11-11:50A MARCI - GF	<b>CIRCUIT STRENGTH AND BALANCE</b> 9:45-10:30A EILEEN-GF	<b>FUNCT FLEXIBILITY</b> 9:30-10:15A JENNIFER-GF
12:30P	<b>FULL BODY FIT</b> 12:15-12:45P BECCA-GF		<b>STRAIGHT UP STRENGTH</b> 12:15-12:45P BECCA-GF			<b>SUN</b>
<b>SENIOR CLASSES</b> 1:30P	<b>ZUMBA TONING</b> 1:30-2:30P LESA-GF	<b>5/12 GENTLE YOGA</b> 1:30-2:30P NAINA-MB	<b>5/5, 19, 26 ENERCHI</b> 1:30-2:30P MARCI- MB	<b>SILVER SNEAKERS BOOM MUSCLE</b> 1:30-2:30P EILEEN-GF	<b>GENTLE YOGA</b> 1:30-2:30P HEATHER-MB	<b>SILVER SNEAKERS BOOM MOVE</b> 1:30-2:30P MARCI-GF
<b>PARKINSONS DISEASE CLASSES</b>	<b>FIND YOUR BALANCE</b> 3:30-4:15P TORI-GF				<b>DELAY THE DISEASE</b> 2:45-3:30P JEANINE-GF	<b>SCULPT &amp; STRENGTH</b> 9:45-10:30A KELLY- GF
4:30P	<b>CYCLE SCULPT</b> 4:30-5:15P BROOKE-CS/GF	<b>HIIT + CORE</b> 4:30-5:15P BROOKE-GF		<b>HIIT + CORE</b> 4:30-5:15P BROOKE-GF		
5:30P	<b>YOGA SCULPT</b> 5:30-6:15P AMBER-MB		<b>FULL BODY SCULPT</b> 5:30-6:15P VARIOUS - GF	<b>ZUMBA</b> 5:30-6:15P JENNIFER-GF		
6:30P		<b>METKON RX</b> 6:30-7:30P MELISSA- GF	<b>BARRE</b> 5:45-6:30P LISA - MB	<b>STRENGTH AND STRETCH</b> 6:30-7:00P JENNIFER-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.

**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.

**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.

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

**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.