

SEPTEMBER FITNESS SCHEDULE

(BEGINS 8/31/26)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	METKON 8:30-9:30A MELISSA - GF
STRENGTH & POWER CIRCUIT 8:45-9:30A / JENNA - GF	SCULPT & STRENGTH 8:30-9:15A ALI - GF	HIIT 30 *BEGINS 9/16 8:00-8:30 KAYLA - GF	SCULPT & STRENGTH 8:30-9:15A JENNA - GF	RESIST-A-BALL 8:30-9:15A ALI - GF	
TRX & KETTLBELLS 9:45-10:30A JENNA - MB	CYCLE EXPRESS 9:30-10:00A ALI - CS	YOGA 8:30-9:30A HEATHER - MB	CYCLE EXPRESS 9:30-10:00A ALI - CS	BARRE 9:30-10:15A ALI - MB	
SENIOR STRENGTH 9:45-10:15A EILEEN - GF	YOGA 9:30-10:30A HEATHER - MB	CYCLE STRONG 9:00-9:45A KELLY - CS	TRX POWER CONDITIONING 9:30-10:15A / JENNA - MB	FUNCTIONAL FLEXIBILITY 9:30-10:15A / JENNIFER - MB	
YOGA FLEX 10:45-11:45A JENNIFER - MB	ZUMBA 10:35-11:35A JENNIFER - GF	ZUMBA 11:00-11:50A IAN - GF	CIRCUIT STRENGTH & BALANCE 9:45-10:30A / EILEEN - GF	SS BOOM MOVE 1:30-2:30P MARCI - GF	SUNDAY
FULL BODY FIT 12:15-12:45P BECCA - GF	ENERCHI 1:30-2:30P MARCI - GF	STRAIGHT UP STRENGTH 12:15-12:45P / BECCA - GF	GENTLE YOGA 1:30-2:30P HEATHER - MB	DELAY THE DISEASE 2:45-3:30P JEANNINE - GF	CYCLE 8:30-9:15A KELLY - CS
ZUMBA TONING 1:30-2:30P LESA - GF	HIIT + CORE 4:30-5:15P BROOKE - GF	SS BOOM MUSCLE 1:30-2:30P EILEEN - GF	SCULPT & STRENGTH 4:30-5:15P BROOKE - GF		BUTTS & GUTS 9:30-10:15A KELLY - GF
BETTER BALANCE 101 3:45-4:30P JEANNINE - GF	METKON 6:30-7:30P MELISSA - GF	SCULPT & STRENGTH 5:30-6:15 MARYANN - GF	ZUMBA 5:30-6:30P JENNIFER - GF		
CYCLE SCULPT 4:30-5:30P BROOKE - CS/GF		BARRE 6:00-6:45 MEGAN - MB			
YOGA SCULPT 5:30-6:15 AMBER - MB					

CLASS LEVELS

ADVANCED/
HIGH INTENSITY

CONTRACT
CLASSES

MODERATE
INTENSITY

LOW
INTENSITY

PARKINSONS
CLASSES

SENIOR
CLASSES

****CLASS REGISTRATION OPENS 2 DAYS PRIOR AT 6PM ON THE MINDBODY APP****

CLASS DESCRIPTIONS

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.

HIIT 30: 45 minutes of High Intensity Interval Training (HIIT) with short recovery periods. This class will include various exercises such as strength training, cardio, and functional movements to give you a full body workout.

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

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

Contract Members Classes - Similar to our High-Intensity Classes but specifically designed for contract members who want a challenging workout.

Strength and Power Circuit: Circuit workout that hits your whole body. Baseline movements with fired up mods for those who are ready for more.

TRX Power Conditioning: High-intensity class, combining the versatility of TRX straps with the intensity of weighted exercises and explosive plyometrics.

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.

Butts and Guts: A targeted, high-energy workout designed to strengthen, sculpt, and tone the glutes, hips, thighs, and abdominal core.

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

Cycle Strong: Cycle with circuits of arm exercises with DBs between cycling.

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.

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. Modified for ALL levels.

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.

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

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

Parkinsons Classes - evidence-based fitness program designed to optimize physical function and help delay the progression of symptoms associated with Parkinson's disease.

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.

Senior Classes - Classes specifically designed for seniors, for seniors of all fitness levels and led by trained instructors.

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

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

Senior Strength: A 30-minute full-body workout using dumbbells of your choice and sometimes various 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.

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

TRX and Kettlebells: This full-body class blends suspension training with weighted Kettlebells to build strength, power, and core stability.