

May 2024

# Land & Aquatic Group Fitness Schedule

Studio A - Group Fitness Studio						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hatha Yoga (All levels) 8:30 a.m. Claude	Power Pump 6 a.m. Diane	CardioYoPi 9 a.m. Tetyana	Yin Yoga 7 a.m. Deane	Bender Barre 6 a.m. Marie	Total Body 6 a.m. Diane	Yoga Flow 7:30 a.m. Deana
	Yoga/ Meditation 7 a.m. La	DanceFit 10 a.m. Julie	Fit for Gold 10 a.m. Lynne	Yogalates 9:30 a.m. Tetyana	Morning Yoga 7 a.m. Lainie	Bender Barre 9 a.m. Marie
Hatha Yoga 11:30 a.m. Tetyana	Tai Chi 8:30 a.m. Kathy L	Chair Yoga 11 a.m. Parmjit	Yin Yoga 11 a.m. Tetyana	DanceFit 10:30 a.m. Julie	Hatha Yoga 9 a.m. Stacy	Power Pump 10 a.m. Marie
	Tai Chi Advanced 9:30-9:55 a.m. Kathy L	Yoga Flow Stretch 12 p.m. Parmjit	Stability & Strength 12 p.m. Lynne	Chair Yoga 12 p.m. Parmjit	DanceFit 10 a.m. Julie	Chair Yoga 11 a.m. Kathleen
	Hatha Yoga 10 a.m. Tetyana	Chair/Mat Pilates 1:30 p.m. Lori	Qigong for Happiness 1 p.m. La	HITT 5:30 p.m. Megan T.	Tai Chi 11am Kathy L	
	Strength & Stability 11:30 a.m. Lynne	Zumba 5:15 p.m. Carolina	Be Balanced 3 p.m. Myles	Easy Yoga/ Meditation 6:30 p.m. Parmjit	Tai Chi Advanced 12-12:25 p.m. Kathy L	
	Be Balanced 3 p.m. Shae	Cardio & Weights 6:15 p.m. Jan	Hatha Yoga 6 p.m. Annie		Balance 3 p.m. Myles	

Studio B - Mind & Body/ Spinning Studio						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning 9 a.m. Jen H.	Reformer Tower** 7 a.m. Mike	Spinning 9 a.m. Jen H.	Reformer Tower** 7 a.m. Mike	Reformer Tower** 7 a.m. Marie	Pilates Reformer** 9:30 a.m. Lynne	Spinning 9 a.m. Megan T.
	Reformer Tower** 10:30 a.m. Lynne	Spinning 5:30 p.m. Chip	Pilates Reformer** 9 a.m. Lynne	Reformer Tower** 8:30 a.m. Marie		Reformer Tower** 10 a.m. Mike
	Reformer Tower** 5 p.m. Mike		Spinning 5:30 p.m. Jen H.	Basic Pilates Reformer** 11 a.m. Lynne		Reformer Tower** 11:30 a.m. Marie
	Spinning 6 p.m. Varies			Reformer Tower** 5:30 p.m. Mike		

Lap Pool/ Warm Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ai Chi 11:15 a.m. Warm Water	Aquacise 10:15 a.m. Warm Water	Aquabatas 10:30 a.m. Lap Pool	Aquacise 10:15 a.m. Warm Water	Deeply Fit 9:30 a.m. Lap Pool	Aquacise 10:15 a.m. Warm Water	Deeply Fit 11:15 a.m. Lap Pool
	Aqua Strong Boards** 10:20 a.m. Lap Pool	Cardio Abs Deep 11:30 a.m. Warm Water	Fluid Moves 11:30 a.m. Warm Water	Deeply Fit 11:30 a.m. Warm Water	Fluid Moves 11:30 a.m. Warm Water	
	Fluid Moves 11:30 a.m. Warm Water	Aqua Strong Boards** 5:35 a.m. Lap Pool	Extreme Power 5:30 p.m. LapPool	Aqua S.M.I.L.E 5:30 a.m. Warm Water		
	Aqua Smiles 5:30 p.m. Warm Water	Power Waves 6:30 a.m. LapPool		Deeply Fit 6:30 p.m. LapPool		

Studio C / MI Studio / Fitness Floor / Sports Arena						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	TRX 9 a.m. Sports Arena: James	Bootcamp 9:30 a.m. Sports Arena Megan F.	Total Body 6 a.m. Sports Arena Diane	Kettlebells 5-5:25 p.m. Studio C Madison	Bootcamp 9:30 a.m. Sports Arena Shae	Tabata 8 a.m. Sports Arena Kathie
	Cardiac Rehab Transition 11 a.m. Fitness Floor	Kettlebells 5-5:25 p.m. Studio C James	TRX 9 a.m. Sports Arena James	TRX 5:30-6 p.m. Studio C Madison	Table Mat Pilates* 10 a.m. MI Studio Lori	
	Table Mat Pilates* 12 p.m. MI Studio Lori	TRX 5:30-6 p.m. Studio C Madison	Cardiac Rehab Transition 11 a.m. Fitness Floor			

Instructors may vary.  
All classes are 50 minutes,  
unless stated.  
\*Fee based



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## Land Group Fitness Class Descriptions

**Level 1 Beginner, Level 2 Intermediate, Level 3 Advanced**

**Be Balanced (1)** Train the muscles you need to improve your balance and increase core strength.

**Bender Barre (2,3)** Uses the barre and a variety of equipment in a body-sculpting circuit.

**Boot Camp (2,3)** Total body workout improves strength and cardiovascular fitness using intervals

**Cardiac Rehab Transition (1)** For those transitioning out of cardiac rehab that are looking for guidance and progression on the fitness floor with the assistance of a trained Fitness Coach.

**Cardio & Weights (2,3)** A little cardio mixed with weights to challenge all fitness parameters.

**Dance Fit (2,3)** Low and high intensity dance class choreographed to a variety of music.

**Fit for Gold (1)** Designed specifically for those in their “Golden Years”. Cardio and weight training to improve strength and endurance.

**H.I.I.T. (2,3)** High Intensity Interval Training focusing on functional compound movements for full body training.

**Body Pump (3)** Total body strength workout that will shape and tone all your major muscle groups. The ideal workout for anyone looking to get lean, toned and fit – fast. The class uses light to moderate hand weights with high repetition.

**Power Pump (2,3)** Uses hand weights and body bars to tone and strengthen major muscle groups.

**Spinning (2,3)** Indoor cycling class combining cardiovascular, endurance and strength training for an ultimate calorie burning session.

**Strength & Stability (2,3)** Use hand weights and dynamic movements to increase strength and improve balance. Challenges all major muscle groups.

**Tabata (2,3)** High intensity interval workout. Exercises change every four minutes.

**Total Body (2,3)** Intense muscular endurance exercises utilizing a variety of equipment.

**TRX (all levels)** Cardio and resistance workout using suspended strap, all the while engaging your core.

**Zumba (2,3)** Low and high intensity dance fitness choreographed to Latin-inspired music.

**Kettlebell (2,3)** Strengthen and tone your whole body! You will swing, lunge, and squat your way to a more toned body whilst improving your strength, flexibility and cardiovascular endurance in our Kettlebells class

**All classes are subject to change.**

**\*Fee Based: Pilates Reformer**

**Pavilion Front Desk (513) 985-0900**

## MIND BODY - Pilates, Tai Chi & Yoga

**\*Basic Pilates Reformer (all levels)** A Pilates Reformer workout for beginner students and for people with health/mobility concerns. \*Prior introductory sessions required

**\*Pilates Reformer (2,3)** Exercises on the reformer machine promote length, strength, flexibility and balance. \*Prior introductory sessions required

**\*Reformer Tower (all levels)** Reformer using tower and trapeze. \*Prior introductory sessions required

**Chair/Gentle Mat Pilates (1)** This class utilizes a chair and standing at a bar to perform basic Pilates exercises. Gentle mat exercises are an option as well for those able to get up and down from the floor.

**Table Mat Pilates (1)** For those who may struggle to get on the floor, this class utilizes a raised table in place of the mat while performing modified Pilates exercises.

**Tai Chi (all levels)** Easy to learn basic moves to improve balance and reduce the risk of falling.

**Cardio YoPi (2,3)** Yoga and Pilates combined with light cardio improves flexibility, core strength, & increases cardiovascular endurance.

**Chair Yoga (all levels)** Gentle yoga done mostly from a seated position. Benefits include improved musculoskeletal fitness, flexibility & sense of well-being.

**Easy Yoga & Meditation (all levels)** Gentle yoga for strength and range of motion. Rejuvenating meditation at the end of class.

**Gentle Hatha (all levels)** Slow and relaxed movements.

**Hatha (2,3)** Yoga postures and breathing. Poses flow from standing to seated and combine breath work to enhance the mind-body connection.

**Yin Yoga (all levels)** Poses are held longer to benefit tight muscles and target deep connective tissue.

**Qigong for Health & Happiness (all levels)** The use of simple poses, breathing techniques, and guided meditation to unlock stagnate energy and promote a healthy a flow of qi (chee).

**Yoga Flow Stretch (1,2)** Gentle yoga poses combined with stretching.

**Yogalates (all levels)** A complete and comprehensive fusion of Yoga and Pilates. A mat-based class designed to increase flexibility, strength, and control of core muscles while also creating a sense of inner calm, and overall well-being.