November 2026 Group Fitness

TriHealth Fitness & Health Pavilion

Studio A – Group Fitness

SU	MO	TU	WE	TH	FR	SA
	Sculpt 6am *Diane*	Les Mills BODYPUMP 6am *Caroline*	Total Body 6am *Diane*	Les Mills Shapes 6am *Marie*	Total Body 6am *Diane*	
Les Mills Shapes 9am *Claude*	Tai Chi 8:30am *Kathy*	Cardio YoPi 9am *Tetyana*	Yin Yoga 7am *Deane*	Yogalates 9:30am *Tetyana*	Morning Yoga 7am *Lainie*	Gentle Yoga 7:30am *Deana*
Les Mills BODYPUMP 10am *Claude*	Tai Chi Adv 9:30-9:55am *Kathy*	Dance Fit 10am *Julie*	Yoga Lab 9am *Stacy*	Dance Fit 10:30am *Julie*	Hatha Yoga 9am *Stacy*	Les Mills Shapes 9am *Marie*
Hatha Yoga 11:30am *Tetyana*	Hatha Yoga 10am *Tetyana*	Chair Yoga 11am *Shashank*	Fit for Gold 10am *Lynne*	Chair Yoga 12pm *Kathleen*	Dance Fit 10am *Julie*	Sculpt 10am *Marie*
	Stability & Strength 12pm *Lynne*	Yoga Flow 12pm *Kathleen*	Yin Yoga 11am *Tetyana*	Sit & Boogie 1pm *Beth*	Tai Chi 11am *Kathy*	Chair Yoga 11am *Kathleen*
	Be Balanced 3pm *Gretchen*	Chair Cardio 1pm *Lori*	Stability & Strength 12pm *Lynne*	H.I.I.T. 5:30pm *Megan S.*	Tai Chi Adv 12-12:25pm *Kathy*	
	Les Mills BODYPUMP 5:30pm *Caroline*	Reserved 2pm-3pm	Chair Yoga 1pm *Kathleen*	Yin Yoga 6:30pm *Kathleen*		
		Mat Pilates 5pm *Annie*	Be Balanced 3pm *Gretchen*			
		H.I.I.T. 6pm *Jan*				

Studio B – Pilates Reformer/Spinning

SU	MO	TU	WE	TH	FR	SA
Spinning 9am *Jen*	Reformer Tower* 7am *Mike*	Mat Reformer Flow 6am *Megan S.*	Reformer Tower* 7am *Mike*	Reformer Tower* 7am *Marie*	Pilates Reformer* 9:30am *Lynne*	Basic Pilates Reformer* 8am *Megan S.*
Spin Extra Burn 10-10:30am *Jen*	Reformer Tower* 11am *Lynne*	Spinning 9am *Jen*	Pilates Reformer* 11am *Lynne*	Reformer Tower* 8:30am *Marie*	Pilates Reformer* 10:30am *Lynne*	Spinning 9am *Megan S.*
	Reformer Tower* 5pm *Mike*		Spinning 5:30pm *Jen*	Basic Pilates Reformer* 11:30am *Lynne*		Reformer Tower* 10am *Mike*
	Spinning 6:15pm *Jane*			Reformer Tower* 5pm *Mike*		Reformer Tower* 11:30am *Marie*

Studio C ■ MedEx Studio ■ Sports Arena

SU	MO	TU	WE	TH	FR	SA
	TRX 9am *James*	Functional Circuit 9:30am *Megan F.*	TRX 9am *James*		Functional Movement 9am *Gretchen*	Tabata 8am *Kathie*
	Table Pilates 12pm *Lori*	Core & More 10-10:30am *Jen*			Boot Camp 9:30am *Shae*	
		KB/TRX 5pm *James*			Table Pilates 10am *Lori*	

■ Lap Pool ■ Warm Water Pool

SU	MO	TU	WE	TH	FR	SA
Ai Chi 11:15am *Naomi*	Aqua Strong Boards* 8:30am *Karen*	Deeply Fit 9:30am *Karen*	Deeply Fit 9:30am *Meg*	Aqua Strong Boards* 7:45am *Megan F*	Deeply Fit 9:30am *Deborah*	Deeply Fit 10:15am *Meg*
	Deeply Fit 9:30am *Meg*	Aquabatas 10:30am *Megan F*	Aquacise 10:30am *Deborah*	Deeply Fit 9:30am *Agnes*	Aquacise 10:30am *Chris*	
	Aquacise 10:30am *Latoya*	Dual Depth 11:30am *Latoya*	Fluid Moves 11:30am *Chris*	Aqua Trampolines* 10:30am *Karen*	ABS Aqua Combat 10:30am *Megan F*	
	Aqua Vibes 11:30am *Latoya*	Beginner Aqua Strong Board* 5:30pm *Jane*	Extreme Power 5:30pm *Caroline*	Dual Depth 11:30am *Agnes*	Aqua Vibes 11:30am *Chris*	
	Aquacise *5:30pm* *Agnes*	AquaHIIT 6:30pm *Chris*		Aquacise 5:30pm *Chris*		
	Aqua Trampolines* 6:30pm *Karen*			Deeply Fit 6:30pm *Chris*		

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Land Group Fitness

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

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

Chair Cardio (1) Move while protecting your joints and muscles. All-purpose cardio workout, incorporating strength and stretching, while being mindful of heart rate.

Core & More (all levels) focuses on strengthening the core muscles, while also incorporating exercises that benefit other muscle groups and improve overall fitness.

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.

Functional Circuit Training (all levels) Circuit style class that will get your total body moving.

Functional Movement (all levels) circuit style class utilizes functional fitness equipment that will improve strength, balance, and mobility through many stages of life. Exercise modifications and progressions will grow with your specific needs to help you maintain your active lifestyle. Come meet upstairs in the functional playground for an energizing weekly workout.

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

Kettlebell (2,3) Kettlebell training includes dynamic moves that target endurance, strength, balance, and cardio endurance.

LES MILLS BODYPUMP (3) Total body strength workout that will shape and tone all your major muscle groups fast. The class uses light to moderate hand weights and body bars with high repetition.

LES MILLS Shapes (all levels) A low impact blend of Pilates, sculpt, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility.

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

Sit and Boogie (1) Dance, clap and sing in this seated full body, low impact dance class.

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

Spin Extra Burn (all levels) A quick 30 min 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.

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.

Mat Pilates (all levels) Mat Pilates is a class that strengthen your core, sculpt your muscles, and increase flexibility with a fusion of practices.

Mat Reformer Flow (2,3) 25 minutes of Pilates Mat work and 25 minutes on the Pilates reformer combine to create a comprehensive Pilates class designed to build strength, stability, and control.

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

*Reformer Tower (2,3) Reformer using tower and trapeze.

Table 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 (1,2) Easy to learn basic moves to improve balance and reduce the risk of falling. (Standing majority of class)

Tai Chi Advance (2,3) For advanced students to learn Tai Chi forms with a sword or a fan.

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. Improves musculoskeletal fitness, flexibility & sense of well-being.

Hatha Yoga **(all levels)** Slow and relaxed yoga movements.

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

Yoga Flow (all levels) a group of yoga poses placed orderly in the most intelligent way possible and practiced meet a specific purpose. In most cases, it helps to gain strength, power, balance, stability, and confidence.

Yogalates (2,3) A fusion of Yoga and Pilates. Increases flexibility, strengthens core muscles while also creating a sense of inner calm, and overall well-being.

Gentle Yoga (all levels) Calming practice that emphasizes mindful movement and breath awareness. Designed to promote relaxation and flexibility while reducing stress.

Morning Yoga (all levels) Connecting with breath and flow in this dynamic practice. This class is adaptable to fit your needs while creating a deeper connection between mind, body, and

Level 1 Beginner
Level 2 Intermediate
Level 3 Advanced

**Fee Based: Pilates Reformer*