

September 2025 Featured Events



September 8 - October 15
(6 weeks)

Fresh Start for Fall

*Mondays and Wednesdays;
6–6:45 p.m.
Members \$149*

This Fall, make your health a priority with small group fitness classes designed for real-life results and led by degreed & certified coaches. These circuit-style sessions are designed to support healthy weight loss while helping you build strength, burn fat, boost endurance and stay motivated. Expert guidance and a supportive environment will keep you motivated.



NEW!

Les Mills SHAPES

*Mo & We, 6 p.m.;
Th, 6 a.m.; Sa & Su, 9 a.m.
Members only
No registration required*

High-energy movement and strength-building meets flexibility and form. Shapes combines the grace of Pilates, the precision of sculpt training, and the intensity of power yoga—all synced to energizing modern beats. Small, controlled movements target every major muscle group to sculpt and tone, enhance posture and alignment, and boost flexibility.

- Studio A



September 22 & 24

Know Your Numbers

Members only, FREE

Knowledge is power, and our expert team is here to help you take control of your health and fitness journey. We'll measure key indicators like body fat percentage, BMI, blood pressure, and hand grip strength to give you a clear picture of where you stand. Tracking these metrics helps you stay motivated and move forward with confidence.

- To schedule, call the fitness desk at 513 246 2640



FREE Classes all September

Aqua Strong Boards

*1-Class; Members \$10,
Nonmembers \$25
Packages available.*

Come make waves with us! We've updated our pricing and now's the perfect time to jump in. New to the 'board'? Join our Beginner class the first Tuesday of every month from 5:30–6:15 p.m. with Karen Farren, who will guide you through basic moves and help you find your balance.

- Reserve your board at the front desk at least 12 hours in advance to lock in your spot.



September 8–October 4

Group & Adaptive Swim Lessons **Fall Session 1**

*Members \$60,
Nonmembers \$72*

Monday

5–5:30 p.m.—3–5 yr olds
5:35–6:20 p.m.—6–10 yr olds
6:30–7 p.m.—6 mo to 3 yrs
(parent/guardian will
be in the water)
7:05–7:50 p.m.—Adults

Saturday

9–9:30 a.m.—6 mo to 3 yrs
9:35–10:05 a.m.—3–5 yr olds
10:15–11 a.m.—6–7 yr olds
11:05–11:50 a.m.—8–10 yr olds



Tuesday, September 16

Healthy Living Workshop—“Protein & You: Building Blocks in the Macronutrient Matrix”

12:30 p.m.

Protein is an important macronutrient, and also the newest buzzword. How much is enough, and is there such a thing as too much? Join Registered Dietitian, Kate Spitzer, as she kicks off our macronutrient series.



September 1–November 30 Fall Water Workout Challenge

Make a splash and take charge of your health. Join the challenge to complete at least 30 minutes of water-based exercise five days a week. We'll help you track your progress and reward your dedication with monthly prizes and a grand finale giveaway in early December. Strengthen your heart, boost your mood, and beat holiday stress—one workout at a time.



September 1–7 'Who Dey' in the Pool

Bring your Bengals pride to the pool as we kick off football season with splashy spirit! Lifeguards and instructors will turn up the gridiron energy during classes and swim time—and we want you in on the action. Test your team knowledge with Bengals-themed trivia all week long. Top scorers win fun prizes and hometown bragging rights!



September 1–30 Group Fitness Bingo "Fitness Fun & Prizes: Play to Move!"

Complete challenges, mark your bingo card, and be entered to win a month free of membership. Perfect way to stay motivated all month long. Check off each fitness challenge throughout the month and return your completed card to the front desk before September ends.

Stop by the front desk to grab your Bingo card.

Members only



Wednesday, September 3 Cooking Demonstration—'Fats That Fuel'

Join Christy Bahan for a cooking demo that highlights Healthy Fats.

12:30 p.m.

Free to Members, Nonmembers \$10



September 8–October 4 (Follows Swim Lesson Session 1 Dates) Adaptive Swim Lessons

Inclusive swim instruction tailored for individuals with cognitive, developmental, and neurological differences. Our specially trained instructors create a supportive, personalized environment—meeting each participant where they are and progressing at a pace that fits their needs. Conditions supported include Autism, ADHD, Cerebral Palsy, Down Syndrome, sensory impairments, and learning disabilities.

Tuesdays, 6:30 p.m., Saturdays, 9:30 a.m.

Members \$60, Nonmembers \$72



All September Aquatic Performance Training

Ready to reach your fitness goals—with less impact and more results? Dive into personalized, one-on-one water-based training that goes beyond swim strokes and technique. Our AEA-certified instructors—Caroline Brockhage, Karen Farren, and Megan Farrugia—tailor each session to your needs, whether you're working on strength, endurance, flexibility, core stability, or overall wellness. Low-impact, high-reward fitness | Full-body benefits | no strokes required.

Request form at the front desk.



All September Master Swim

Stay active and dive into structured swim sessions designed for adults 18 and older. Whether you're swimming for recreation, fitness, or training for a triathlon, all skill levels are welcome in this supportive and motivating environment.

Wednesday: 7 p.m., Tuesday & Thursday: 3 p.m.

Members \$30/month, Nonmembers \$45/month