

Group Ex Schedule

As of April 1, 2017



- For Cardio Wellness, contact Bev Watanabe: 513.284.1680.
- Fees apply; registration required. Visit the Welcome Desk for details.
- Registration required. Call 513.761.7500 no more than 2 days prior to class.
- AccuroFit Heart Rate Tracking used during class (tracker is not required but recommended for reaching class goals; visit the Fitness Desk for details).

For Group Ex questions, please contact Kelly Greulich: 513.761.7500 ext. 1237.

All Group Ex classes are FREE for members age 16+ unless otherwise noted. Studios open when class is not scheduled. Printed schedules are updated on the 1st of each month. Classes are subject to change at any time; please see the Fitness Desk for any updates.

Group Exercise Studio

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 - 9:55am Tabata/Interval Rita/Rania	6 - 6:55am Total Body Workout Vicki	6 - 6:55am Total Body Workout Vicki	6 - 6:55am Tabata/Interval w/ AccuroFit Rotating	6 - 6:55am Total Body Workout Vicki	6 - 6:55am Cardio Intervals Rita	9 - 9:55am Power Yoga Lindsey
10 - 10:55am Hatha Yoga Dianne	8:30 - 9:25am S.W.E.A.T. Kelly G.	8:30 - 9:25am Bodysculpting Kelly D.	8:30 - 9:25am S.W.E.A.T. Kelly D.	8:30 - 9:25am Bodysculpting Jen D.	8:30 - 9:25am Total Body Workout Gary	10 - 10:55am Interval Training w/ AccuroFit Jen D.
11 - 11:55am Zumba Rita	9:30 - 10:25am Women Only Cardio Intervals Traci	9:30 - 10:25am Total Body Workout Kelly G.	9:30 - 10:25am Cardio Intervals Traci	9:30 - 10:25am Women Only Total Body Kelly G.	9:30 - 10:25am Tabata/Interval Traci	11 - 11:55am Zumba Nikki
2:10 - 3pm Fitness & Friends Rania/Misty (Studio/Gym)	10:30 - 11:25am Bodysculpting Kelly G.	10:45 - 11:30am Functional Fitness Jen D.	10:30 - 11:25am Zumba Katie	10:45 - 11:30am Functional Fitness Jen D.	10:30 - 11:25am Cardio Jam Amanda	12 - 12:45pm Bodysculpting Jen D.
	5:30 - 6:25pm Bodysculpting Kim	3:30 - 5pm Cardio Wellness Bev	4:30 - 5:15pm Total Body Workout Jen D.	3:30 - 5pm Cardio Wellness Bev		
	6:30 - 7:25pm Total Body Workout Rita	5:15 - 6:10pm Mat Pilates Nora	5:30 - 6:25pm Bodysculpting Gary	5:30 - 6:25pm Interval Training w/ AccuroFit Rita		
		6:30 - 7:25pm Zumba Rita	6:30 - 7:25pm Yin Yoga Dianne	6:30 - 7:25pm Zumba Nikki		
			7:30 - 8:25pm Zumba Rotating			

Dance Studio

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 - 9:55am TriYoga Flows Mary	8 - 8:40am Suspension Basics Rachel	9 - 9:55am Reserved for ECS	6 - 6:50am Suspension Training Rachel	9 - 9:55am Vinyasa Flow Dianne	9 - 9:55am Ballet for Life Jane	10:30 - 11:25am Barre Fitness Amanda
11 - 11:55am Meditation Lindsey	9 - 9:55am Ballet for Life Jane	10 - 10:55am Mat Pilates Heather	9 - 9:55am Dance Fit With Weights Bonnie	10 - 10:50am Suspension Training Traci	10:30 - 11:25am Yoga Flow Mary	
	10 - 10:40am Pilates 101 Margie	11 - 11:50am Women's Only Yoga Dianne	10 - 10:55am Barre Fitness Stacey	11 - 11:30am Reserved for ECS		
	10:45 - 11:45am Cardio Barre Amanda	12:30 - 1pm Reserved for ECS	11am - 1pm Reserved for Group Training	5:30 - 6pm Reserved for Group Training		
	1:15 - 2pm Creative Movement Allison	3 - 4:30pm Reserved for Group Training	1:15 - 2pm Creative Movement Allison	5:30 - 6:10pm Suspension Basics Margie		
	2 - 5:30pm Reserved for Training	4:30 - 5:30pm Reserved for Group Training	4:15 - 5pm Beginning Dance Allison	7 - 8pm Reserved for Group Training		
	6 - 6:55pm TriYoga Flows Mary	5:30 - 6:10pm Suspension Basics Kelly G.	5:30 - 6:25pm Barre Fitness Amanda			
	7 - 7:55pm Zumba Rotating	6:15 - 7:10pm Power & Peace Yoga Ellen	6:30 - 7:20pm Suspension Training Alice			
		7:30 - 9:15pm Israeli Dance Esty				

Spinning Studio

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 - 8:55am June/Lisa/Matt	8:45 - 9:30am HIIT Spin Jaime	7 - 7:55am Lisa	5:45 - 6:45am SpinPower Mary	9:30 - 10:25am SpinPower Jaime	5:45 - 6:45am Matt	7:10 - 8:05am SpinPower Matt/Mary
9:15 - 10:10am June/Lisa/Matt	9:30 - 10:25am Jaime	9:30 - 10:25am HIIT SpinFlex Jaime	8:30 - 9:30am SPIN Kelly G.	6:00 - 6:55pm Gordon/Rania	8:30 - 8:45am Beginner Bike Set-Up Alice	9 - 9:55am Gordon
	5:30 - 6:25pm SpinPower with Flex Mary	5:30 - 6:15pm Express Spin Stacy	6 - 6:55pm Gordon		8:45 - 9:20am Beginner Spin Alice	
		6:30 - 7:15pm HIIT Spin Stacy			9:30 - 10:25am June/Kelly G./Jaime	

YOGA & MEDITATION

Hatha Yoga (Beginner – Intermediate): Hatha Yoga focuses on flexibility, breath, and balance and is appropriate for beginner to advanced practitioners. **55 min.**

Meditation (Beginner – Advanced): Come learn the transcending practices of meditation to be more centered and present. **55 min.**

Power & Peace Yoga (Beginner – Advanced): Power & Peace Yoga combines the high-energy flow of vinyasas with the relaxation of deep restorative postures so you will leave class feeling strong and balanced. **55 min.**

Power Yoga (Intermediate – Advanced): Power Yoga emphasizes strength and flexibility and is well-suited for individuals who are seeking an excellent workout as well as the serenity associated with the practice of yoga. **55 min.**

TriYoga Flows (Beginner – Intermediate): TriYoga Flows will help strengthen your core alignment using blocks, pillows, and other props to ensure comfort. **55 min.**

Vinyasa Flow (Beginner – Advanced): Vinyasa Yoga uses a series of breath-connected postures that encourages integration of body and mind. **55 min.**

Women's Only Yoga (Beginner - Advanced): Women's Only Yoga uses Iyengar/Vinyasa Flow style in which movement is connected with the breath along with focusing on body alignment, emphasizing holding poses for several breaths to build strength and flexibility. **50 min.**

Yin Yoga (Beginner – Advanced): Yin Yoga is a meditative class targeting the connective tissues of the hips, pelvis, and lower spine. **55 min.**

Yoga Flow (Beginner – Advanced): This class is a combination of Vinyasa Power and Kundalini Yoga. Develop core strength, endurance, and balance, while increasing flexibility and reducing chronic pain. **55 min.**

CARDIO, ENDURANCE, & STRENGTH TRAINING

Barre Fitness (Beginner – Advanced): Develop a stronger, leaner body with Barre Fitness. It combines ballet barre exercises with traditional strength training exercises. No previous ballet experience is required. **55 min.**

Bodysculpting (Beginner – Advanced): Bodysculpting will help you tighten and tone your entire body with a variety of strength exercises. A range of equipment, including bands, weights, and body bars will be utilized to push you to the next level of fitness. **55 min.**

Cardio Barre (Beginner – Advanced): This class combines movement from Latin, Swing, and Jazz dancing in a low impact workout that strengthens and tones all the major muscle groups. Work your body and train like a dancer. **55 min.**

Cardio Intervals (Beginner – Advanced): Cardio Intervals will provide a high-intensity interval training format, which will burn more fat, improve endurance, and increase strength in less time than you thought possible. **55 min.**

HIIT (Beginner – Advanced): High Intensity Interval Training (HIIT) is a training technique in which you give all-out, 100% effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. **30 min.**

Suspension Basics (Beginner – Advanced): Get into action on our Queenax training unit. Swing from the bars, push your core to the limit, strengthen your muscles, increase stamina, and feel like a kid again on our adult jungle gym where playing is encouraged. **40 min.**

Suspension Training (Beginner – Advanced; Registration required; fees may apply. Visit the Fitness Desk for details.): All skill levels are invited to join this class on our state-of-the-art Queenax unit. You'll strengthen muscles, increase stamina, and just have fun! All exercises are adjustable to your ability and center around developing stabilizer muscles and core strength. **50 min.**

S.W.E.A.T. (Beginner – Advanced): Strength, willpower, energy, and aerobic training will get you through this popular workout, which alternates segments of cardio, and lower and upper body work. **55 min.**

Tabata/Interval (Intermediate – Advanced): The Tabata Workout is a high-intensity interval-training regimen that produces remarkable results. Each exercise consists of 8 cycles of 20 seconds of maximum intensity exercise followed by 10 seconds of rest, repeated without pause for a total of 4 minutes. **55 min.**

Total Body Workout (Beginner – Advanced): Total Body Workout combines cardio and strength training in a circuit format with stretching and yoga for a total body workout in just one hour. **45 - 55 min.**

PILATES

Mat Pilates (Beginner – Advanced): Mat Pilates focuses on the core postural muscles and teaches breath awareness and body alignment. You'll increase strength, flexibility, and body awareness. **55 min.**

Pilates 101 (Beginner – Intermediate): During Pilates 101, you'll learn the techniques to develop a body that works as a harmonious whole through control, centering, concentration, breath, flow, and precision. **40 min.**

DANCE & BOXING INSPIRED

Cardio Kickbox & Core (Intermediate – Advanced): Jab and kick your way to a sculpted body. This high-energy class builds on routines using punches and kicks set to upbeat music. All strikes come for the core so you are in control of your body. Work up a great sweat and bring water to class. **55 min.**

Ballet for Life (Beginner – Advanced; Registration required at beginning of each session; fees may apply. Visit the Welcome Desk for details.): Increase your strength and flexibility with former Cincinnati Ballet principal dancer, Jane Green. This class engages techniques of classical ballet, contemporary yoga, and more. **55 min.**

Creative Movement (Ages 3 - 5; Registration required at beginning of each session; fees may apply. Visit the Welcome Desk for details.): Start your tiny dancer off on the right foot in this introductory class that offers a fun and creative learning experience. Dance attire and ballet shoes required. **45 min.**

Beginning Dance (Ages 5 - 8; Registration required at beginning of each session; fees may apply. Visit the Welcome Desk for details.): This class is a combination of ballet, modern, and creative movement. Dance attire and ballet shoes required. **45 min.**

Dance Fit With Weights (Beginner – Advanced; Registration required at beginning of each session; fees may apply. Visit the Welcome Desk for details.): Instructor Bonnie Loftspring leads a dynamic group to strengthen your core, build strong posture, and improve flexibility and alignment. **55 min.**

Israeli Dance (Beginner – Advanced; Registration required at beginning of each session; fees may apply. Visit the Welcome Desk for details.): People of all skill levels are encouraged to join this class and take part in authentic, high-energy Israeli folk dancing. There is something for everyone – from popular Israeli dances to more advanced repertoire. **1 hour & 45 min.**

Zumba (Beginner – Advanced): Zumba is a high-energy cardio class combining Latin moves and music with interval training. No dance skills required. **55 min.**

SPINNING

Beginner Bike Set-Up (Beginner): For those who need help with bike setup and to answer questions about what to expect in a Spin class. **15 min.**

Beginner Spin (Beginner): Join us in the cycling studio for a fun, non-impact stationary Spinning workout that is safe for anyone. **35 min.**

Express Spin (Beginner – Advanced): A shorter class for those looking for a quick cardio workout. **30 - 45 min.**

HIIT Spin (Beginner – Advanced): In this shorter class, you will work in various levels of intensity with designated recovery periods. You will be encouraged to maximize the effort and work hard. No indoor cycling experience required. **45 min.**

HIIT SpinFlex (Beginner – Advanced): This class combines both our HIIT Spin and SpinFlex classes for high intensity interval training and resistance training, both on and off the bike. No indoor cycling experience required. **45 min.**

SpinFlex (Beginner – Advanced): This class combines traditional spinning with resistance training off the bike. No indoor cycling experience required. **55 min. - 60 min.**

SpinPower (Beginner – Advanced): SpinPower technology tells riders how hard they're working, allows them to measure progress and energy burned, and tells them what fitness variables they need to change. Personal Spinning Threshold (PST) tests will be administered, on occasion, to determine the appropriate power to use in training zones. Post-Ride data analysis monitor will help evaluate progress, and compare results over time. Power-Meter Technology Provides an accurate energy expenditure measurement. Come hydrated and prepared to work. Heart rate monitors highly recommended. **55 min.**

SpinPower Flex (Beginner – Advanced): SpinPower Flex combines our SpinPower class with 15 minutes of resistance training at the end of the class. **55 min.**

Spinning (Beginner – Advanced): Join us in the Cycling Studio for a fun, non-impact stationary Spinning workout that's safe for anyone. **55 min.**

WOMEN ONLY

Women Only Cardio Intervals (Beginner – Advanced): This fun, upbeat cardio-based workout will keep your heart pumping with simple aerobic exercises designed to elevate and challenge your cardio fitness level. **55 min.**

Women Only Total Body (Beginner - Advanced): This class targets all the major muscles and areas women love to hate. We will use body weight and dumbbells, with a combination of high-intensity cardio and targeted strength exercises. **55 min.**

60 & BETTER

Functional Fitness (Beginner – Intermediate): Functional Fitness is a weight training and stretching class designed for senior adults who want to increase their strength to better perform daily activities. **45 min.**

WELLNESS & REHABILITATION

Cardiovascular Wellness & Rehab Program (\$10/month fee for this program): This supervised program is for anyone wanting to prevent or control the risk factors of coronary artery disease, and for anyone who needs an advanced maintenance program after a heart attack, heart surgery, or angioplasty. Participants' blood pressure and heart rate are monitored, with frequent communication between participants' physicians and the instructor. **90 min.**

SCHLOSS SPECIAL NEEDS & SERVICES

Fitness & Friends 18+ and grades K - 6: Fitness and Friends are low-impact, inclusive group exercise classes geared toward individuals with intellectual disabilities. Participants should be able to engage independently in a low-impact fitness class, where they will have the chance to exercise and socialize. **18+ 45 min. and K - 6 35 min.**