

## GROUP EX SCHEDULE

This schedule is ongoing & updated as needed

Updated 1.19.26

| GROUP EX ROOM                           |  | BASKETBALL GYM                                     |  | ORR ROOM                                |                                       |
|---|--|--|--|---|---------------------------------------|
| MONDAY                                  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY                                  | SATURDAY                              |
|   |  | CYCLING<br>5:45-6:30A<br>RICHELLE                  |  |   | PICKLEBALL<br>7:00-8:30A<br>WHOLE GYM |
|   |  |  | GENTLE YOGA<br>8:00-8:45A<br>TASHA                 |   |                                       |
| GENTLE YOGA<br>9:15-10:00A<br>TASHA     | SHINE DANCE FIT<br>9:00-9:45A<br>SARAH             | SHINE DANCE FIT<br>9:15-10:00A<br>SARAH            | BARRE<br>9:00-9:45A<br>TASHA                       | WILDCARD<br>9:15-10:00A<br>SARAH        |                                       |
| PICKLEBALL<br>9:15A-12:00P<br>WHOLE GYM | CARDIO DRUMMING<br>10:00-10:45A<br>SHEENA          |  | CARDIO DRUMMING<br>10:00-10:45A<br>SHEENA          | PICKLEBALL<br>9:15A-12:00P<br>WHOLE GYM | REFIT<br>10:00-10:45A<br>BECKY SM.    |
|   | SILVER SNEAKERS<br>CLASSIC<br>10:00-10:45A<br>JANE | SILVER SNEAKERS<br>CLASSIC<br>10:00-10:45A<br>JANE | SILVER SNEAKERS<br>CLASSIC<br>10:00-10:45A<br>JANE |   |                                       |
|   | SILVER SNEAKERS<br>CLASSIC<br>11:00-11:45A<br>JANE | SILVER SNEAKERS<br>CLASSIC<br>11:00-11:45A<br>JANE | SILVER SNEAKERS<br>CLASSIC<br>11:00-11:45A<br>JANE |   |                                       |
|   |  | PICKLEBALL<br>12:00P-3:00P<br>BACK HALF ONLY       |  |   |                                       |
|   |  |  |  |   |                                       |
| CYCLING<br>6:00-6:45P<br>EDNA/LUCAS     |  |  |  |   |                                       |
| REFIT<br>6:00-6:45P<br>BECKY SM.        | ZUMBA<br>6:00-6:45P<br>MARJORIE                    | CARDIO DANCE<br>6:00-6:45P<br>TIFFANY              | CARDIO VARIETY<br>6:00-6:45P<br>EDNA               |   |                                       |
| BOOTCAMP<br>7:00-7:45P<br>DEMICA        | CORE CONDITIONING<br>7:00-7:45P<br>EDNA            |  | BARRE/PILATES<br>7:00-7:30P<br>EDNA                |   |                                       |

Would you like to receive text updates about these classes?

Text #LAYGroupExMORNING or #LAYGroupExEVENING to 513-750-9622

| <b>Program Name:</b>           | <b>Description:</b>   |
|--------------------------------|---|
| <b>Barre</b>                   | Barre utilizes the ballet barre and/or chairs to incorporate simple ballet positioning to provide an effective core exercise experience for strengthening as well as flexibility for the abdomen, back and hips.  |
| <b>Bootcamp</b>                | An action-packed cardio, strength and combo class that uses high intensity intervals, plyometrics, strength and core training.  |
| <b>Cardio Dance</b>            | Cardio dance is a cardiovascular workout utilizing high energy dance-based movements set to music.  |
| <b>Cardio Drumming</b>         | High intensity drumming providing a full body workout while remaining fun enough for anyone to do with no training and basic equipment.   |
| <b>Cardio Variety</b>          | Try something different! Cardio Variety is a multi-versatile class that a variety of aerobic activities, stepping, floor aerobics, weights and intervals.   |
| <b>Core Conditioning</b>       | Core Conditioning works to tone and strengthen the mid-section by using effective abdominal, back and hip exercises.  |
| <b>Cycling</b>                 | This class is a stationary cycling workout. It is designed to promote cardiovascular health and increase stamina. Cycling is led by an instructor and motivates you through fun music.  |
| <b>Pickleball</b>              | A fun sport that combines many elements of tennis, badminton and ping-pong.   |
| <b>Pilates</b>                 | This class strengthens and reshapes your abs, back and trunk using lengthening and strengthening exercises along with proper breathing techniques. Floor based.   |
| <b>Refit</b>                   | Refit® combines powerful moves and positive music to create an exciting, fun workout for all ages. Finding a positive workout shouldn't be a negative experience, we're bringing the party to your fitness routine - and we cannot wait to dance with you!  |
| <b>Silver Sneakers Classic</b> | Have fun and move to the music during a variety of exercises. Designed to increase muscular strength and range of movement for daily living skills and activities, Classic offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support. |
| <b>SHiNE Dance Fit</b>         | SHiNE is a dance fitness workout combining current hit music and choreo to help students feel confident and strong. This high-cardio exercise combines jazz, ballet and hip hop moves with calisthenics in a HIIT format for a full-body workout.   |
| <b>Wildcard</b>                | Take a walk on the wild side and mix up your workout! Wild card offers a new exercise each week! Wild Card exercises may include kickboxing, cycling, toning, jump rope and much more.  |
| <b>Yoga</b>                    | Yoga focuses on transitional flexibility movements and requires you to use body strength and proper breathing techniques. (Gentle & Regular)  |
| <b>Zumba</b>                   | Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. You are sure to burn calories and have fun!                                    |