

# GROUP FITNESS SCHEDULE

*Starts Tuesday, Jan. 2nd*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING</b>						
	<b>RISE &amp; GRIND</b> 6:15 - 7 AM <i>Red Gym</i>	<b>RISE &amp; GRIND</b> 6:15 - 7 AM <i>Red Gym</i>	<b>RISE &amp; GRIND</b> 6:15 - 7 AM <i>Red Gym</i>	<b>RISE &amp; GRIND</b> 6:15 - 7 AM <i>Red Gym</i>		
		<b>GROUP CYCLE</b> 6:15 - 7 AM <i>Studio 2</i>		<b>GROUP CYCLE</b> 6:15 - 7 AM <i>Studio 2</i>		<b>WARRIOR</b> 8:30 - 9:15 AM <i>Studio 1</i>
		<b>TAI CHI</b> 7 - 9 AM <i>Studio 1</i>		<b>TAI CHI</b> 7 - 9 AM <i>Studio 1</i>		<b>YOGA</b> 8:30 - 9:30 AM <i>Studio 2</i>
	<b>FIT CIRCUIT</b> 9:05 - 9:50 AM <i>Studio 1</i>	<b>CORE STRONG</b> 9:05 - 9:50 AM <i>Studio 1</i>	<b>TOTAL BODY FIT</b> 9:05 - 9:50 AM <i>Studio 1</i>	<b>CORE STRONG</b> 9:05 - 9:50 AM <i>Studio 1</i>	<b>TOTAL BODY FIT</b> 9:05 - 9:50 AM <i>Studio 1</i>	<b>TRX CIRCUIT</b> 9:15 - 10 AM <i>TRX Unit</i>
	<b>FLEX &amp; FLOW</b> 10 - 10:30 AM <i>Studio 1</i>	<b>ZUMBA</b> 10 - 10:45 AM <i>Studio 2</i>	<b>FLEX &amp; FLOW</b> 10 - 10:30 AM <i>Studio 1</i>	<b>FLEX &amp; FLOW</b> 10 - 10:30 AM <i>Studio 1</i>	<b>YOGA</b> 9:30 - 10:30 AM <i>Studio 2</i>	<b>FIT MIX</b> 10:10 - 11:25 AM <i>Studio 1</i>
	<b>ZUMBA</b> 10 - 10:45 AM <i>Studio 2</i>		<b>ZUMBA</b> 10 - 10:45 AM <i>Studio 2</i>		<b>ZUMBA</b> 10 - 10:45 AM <i>Studio 1</i>	
	<b>FOREVER FIT</b> 11:15 - 11:45 AM <i>Studio 1</i>	<b>F - 360</b> 11:15 - 11:45 AM <i>Fitness Center</i>	<b>FOREVER FIT</b> 11:15 - 11:45 AM <i>Studio 1</i>	<b>FOREVER FIT</b> 11:15 - 11:45 AM <i>Studio 1</i>	<b>FOREVER FIT</b> 11:15 - 11:45 AM <i>Studio 1</i>	
	<b>BOOTCAMP</b> 12 - 12:45 PM <i>Studio 1</i>	<b>TOTAL BODY FIT</b> 12 - 12:45 PM <i>Studio 1</i>	<b>FIT CIRCUIT</b> 12 - 12:45 PM <i>Studio 1</i>	<b>TOTAL BODY FIT</b> 12 - 12:45 PM <i>Studio 1</i>	<b>BOOTCAMP</b> 12 - 12:45 PM <i>Studio 1</i>	
					<b>GROUP CYCLE</b> 12 - 12:45 PM <i>Studio 2</i>	
<b>EVENING</b>						
	<b>TOTAL BODY FIT</b> 5:05 - 5:50 PM <i>Studio 2</i>	<b>HIIT CARDIO</b> 5:05 - 5:35 PM <i>Studio 1</i>	<b>RIP &amp; RIDE</b> 5:05 - 5:50 PM <i>Studio 2</i>	<b>CORE STRONG</b> 5:05 - 5:50 PM <i>Studio 1</i>		
	<b>DANCE MIX</b> 5:45 - 6:30 PM <i>Studio 1</i>	<b>HIIT CORE</b> 5:45 - 6:15 PM <i>Studio 1</i>	<b>TOTAL BODY FIT</b> 5:45 - 6:30 PM <i>Studio 1</i>			
	<b>FLEX &amp; FLOW</b> 6 - 6:30 PM <i>Studio 2</i>	<b>TRX</b> 6 - 6:45 PM <i>TRX Unit</i>	<b>ZUMBA</b> 6 - 6:45 PM <i>Studio 2</i>	<b>TRX</b> 6 - 6:45 PM <i>TRX Unit</i>		
	<b>RIP &amp; RIDE</b> 6:40 - 7:25 PM <i>Studio 2</i>		<b>YOGA</b> 6:40 - 7:40 PM <i>Studio 1</i>			
		<b>TAI CHI</b> 7:30 - 8:30 PM <i>Studio 1</i>		<b>TAI CHI</b> 7:30 - 8:30 PM <i>Studio 1</i>		

*\*Studio Availability Subject To Change*

**ALL FITNESS LEVELS WELCOME!**

**For more information or sign-up support,  
contact Group Fitness Coordinator, Trena Perrine  
Trena Perrine, 513-745-8345 or tperrine@blueash.com**

# Class Descriptions



CARDIO



STRENGTH



MIND/BODY



**BOOTCAMP:** This dynamic workout provides a full-body workout through a combination of **cardiovascular exercises, strength training, and functional movements**. Whether you're a fitness enthusiast or just starting your fitness journey, these classes are suitable for various fitness levels, as exercises can be modified to accommodate different abilities.



**CORE STRONG:** This 45-min core-focused fitness workout helps **improve core strength** (abdominals, obliques, glutes, hips, back), **build stabilizer muscles** throughout the torso, promote better posture, balance and overall functional fitness.



**DANCE MIX:** A fun and energetic workout **combining various dance styles & strength training** to provide a well-rounded workout catered to all fitness levels to help improve coordination, cardiovascular health and overall body strength.



**FLEX & FLOW:** This 30-min class is designed to enhance and maintain the **full range of motion** in joints, **improve overall flexibility** and **posture**, alleviate muscle tension, prevent injuries and promote better functional movement patterns.



**FIT CIRCUIT:** This dynamic, full-body workout involves a series of **exercise circuits or stations** with **minimal rest** between sets each targeting different aspects of fitness, including cardio endurance, strength and overall conditioning.



**FIT MIX:** This 75-minute workout challenge includes elements of **dance, cardio, strength and toning** to provide participants with a well-rounded and dynamic workout experience including a variety exercises and equipment.



**FOREVER FIT:** Combine fun with fitness in this class that is great for the active ager or beginner. Emphasizing **low-impact movements and functional exercises** to assist with daily living activities that will help increase balance, flexibility, mobility and muscular strength.



**FUNCTIONAL 360:** A full body, circuit style workout that utilizes the SYNRGY 360 (big red unit) to create a fun and inviting experience for all participants. This modular piece of equipment provides many different exercise options, which will be explored during this class.



**GROUP CYCLING:** This 45-minute indoor group cycling class focuses on cardio challenges and hill climbs with varying speeds and resistance settings for all participant levels. Improve **cardiovascular exercise, endurance, and lower body strength training**.



**HIIT CARDIO:** A 30-minute, high-energy, heart-pumping workout that delivers cardiovascular benefits, **improves power, speed and agility, burns calories** and challenges both physical and mental endurance. Participants can expect a challenging but rewarding experience that leaves them feeling energized and accomplished.



**HIIT CORE:** A 30-minute, time-efficient workout combining high-intensity exercises and short rest intervals focusing on **strengthening and toning the core muscles**, maximizing calorie burn and improving strength, stability and endurance.



**RIP & RIDE:** This class integrates two key fitness components: cardiovascular training through **indoor cycling intervals** and **strength training** providing a well-rounded cardio fitness and muscular strength workout.



**RISE & GRIND:** Experience a balance of strength training and cardio exercises that will leave you feeling energized and ready to start your day. Rise and Grind utilizes a **functional approach to exercise** to help you attain your peak physical fitness.



**TAI CHI:** Tai Chi is made up of slow movements and breathing exercises. Designed to allow chi, or energy, to flow freely throughout the body. Tai Chi will **improve balance, health, awareness, agility and coordination**.



**TOTAL BODY FIT:** A comprehensive workout targeting **all major muscle groups**, providing a well-rounded and efficient workout incorporating a **variety of exercises, equipment and training modalities** to enhance cardio fitness, strength, endurance, flexibility and mobility.



**TRX:** A dynamic and challenging workout that utilizes suspension straps anchored to a fixed point, allowing participants to use their own body weight and gravity to build **strength, flexibility, balance, mobility, core and joint stability**, all while preventing injuries. All ability levels and ages can train on the TRX suspension trainer and achieve great results.



**TRX CIRCUIT:** This unique **combination of TRX suspension training and traditional cardio and strength exercises** provides a challenging and versatile workout suitable for all fitness levels. Participants move through a series of exercises targeting various muscle groups using both bodyweight and weighted exercises as resistance.



**WARRIOR:** Start your weekend right with this high-energy total-body workout challenge! This dynamic, upbeat and varied workout experience blends elements of **strength, cardio, and functional training** utilizing a variety of equipment and training methods. Bring your best and let's sweat it out!



**YOGA:** Our yoga classes combine physical movement, breath awareness, and mindfulness to promote overall well-being and strengthen the body and mind connection. Each unique practice is versatile and accessible to suit individuals of all ages and fitness levels. Improve **balance, flexibility, range of motion, mobility, strength, and overall body awareness**.



**ZUMBA:** Zumba fuses Latin and international music with dance themes for a **great, dynamic and effective fitness class**. The routines combine fast and slow rhythms that tone, sculpt and inspire!