



# GROUP EX SCHEDULE

NOVEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>S 8 - 8:55AM</b> SPINNING <i>June / Lisa / Matt</i>	<b>G 6 - 6:55AM</b> TOTAL BODY WORKOUT <i>Vicki</i>	<b>G 6 - 6:55AM</b> TOTAL BODY WORKOUT <i>Vicki</i>	<b>S 5:45 - 6:45AM</b> SPINPOWER <i>Mary</i>	<b>G 6 - 6:55AM</b> TOTAL BODY WORKOUT <i>Vicki</i>	<b>S 5:45 - 6:45AM</b> SPINNING <i>Matt</i>	<b>S 7:10 - 8:05AM</b> SPINPOWER <i>Matt / Mary</i>
<b>S 9:15 - 10:10AM</b> SPINNING <i>June / Lisa / Matt</i>	<b>G 8:30 - 9:25AM</b> S.W.E.A.T. <i>Kelly G.</i>	<b>S 7 - 7:55AM</b> SPINNING <i>Lisa / Rebecca</i>	<b>G 6 - 6:55AM</b> INTERVAL TRAINING <i>Vicki</i>	<b>G 8:30 - 9:25AM</b> BODYSULPTING <i>Jen D.</i>	<b>G 8:30 - 9:25AM</b> TOTAL BODY WORKOUT <i>Jaime</i>	<b>S 8:15 - 8:50AM</b> HIIT SPIN <i>Gordon</i>
<b>G 9 - 9:55AM</b> TABATA/INTERVAL <i>Rania</i>	<b>S 8:45 - 9:30AM</b> HIIT SPIN <i>Jaime</i>	<b>G 8:30 - 9:25AM</b> BODYSULPTING <i>Kelly D.</i>	<b>Q 6 - 6:50AM</b> AFTERBURNER <i>Rachel</i>	<b>P 9 - 9:55AM</b> VINYASA FLOW <i>Dianne</i>	<b>P 9 - 9:55AM</b> STRETCH & STRENGTHEN <i>Jane</i>	<b>G 8:30 - 8:55AM</b> MEDITATION <i>Lindsey</i>
<b>Q 9 - 9:55AM</b> TRIYOGA FLOWS <i>Mary</i>	<b>P 9 - 9:55AM</b> STRETCH & STRENGTHEN <i>Jane</i>	<b>G 9:30 - 10:25AM</b> TOTAL BODY WORKOUT <i>Kelly G.</i>	<b>G 8:30 - 9:25AM</b> S.W.E.A.T. <i>Kelly D.</i>	<b>G 9:30 - 10:25AM</b> WOMEN ONLY TOTAL BODY <i>Kelly G.</i>	<b>G 9:30 - 10:25AM</b> STRENGTH/CARDIO INTERVALS <i>Traci</i>	<b>G 9 - 9:55AM</b> POWER YOGA <i>Lindsey</i>
<b>G 10 - 10:55AM</b> HATHA YOGA <i>Dianne</i>	<b>G 9:30 - 10:25AM</b> WOMEN ONLY INTERVAL TRAINING <i>Traci</i>	<b>S 9:30 - 10:25AM</b> SPINNING <i>Alice</i>	<b>S 8:45 - 9:30AM</b> HIIT SPIN <i>Kelly G.</i>	<b>S 9:30 - 10:25AM</b> SPINPOWER <i>Jaime</i>	<b>S 9:30 - 10:25AM</b> SPINNING <i>Alice / Jaime</i>	<b>P 9 - 9:55AM</b> ADVANCED BARRE <i>Amanda</i>
<b>G 11 - 11:55AM</b> ZUMBA <i>Tzipi</i>	<b>P 10 - 10:40AM</b> PILATES 101 <i>Margie</i>	<b>Q 10 - 10:55AM</b> MAT PILATES <i>Heather</i>	<b>P 9 - 9:55AM</b> DANCE FIT WITH WEIGHTS <i>Bonnie</i>	<b>Q 10 - 10:50AM</b> AFTERBURNER <i>Traci</i>	<b>G 10:30 - 11:25PM</b> YOGA FLOW <i>Mary</i>	<b>S 9 - 9:55AM</b> SPINNING <i>Gordon</i>
<b>Q 2:10 - 3PM</b> FITNESS & FRIENDS <i>Rania / Corey</i>	<b>G 10:30 - 11:25AM</b> BODYSULPTING <i>Kelly G.</i>	<b>G 10:45 - 11:30AM</b> FUNCTIONAL FITNESS <i>Jen D.</i>	<b>G 9:30 - 10:25AM</b> CARDIO INTERVALS <i>Traci</i>	<b>G 10:45 - 11:30AM</b> FUNCTIONAL FITNESS <i>Jen D.</i>	<b>G 11:30AM - 12:25PM</b> CARDIO JAM <i>Amanda</i>	<b>G 10 - 10:55AM</b> INTERVAL TRAINING <i>Jen D.</i>
	<b>P 10:45 - 11:45AM</b> BARRE FITNESS <i>Amanda</i>	<b>Q 11 - 11:50AM</b> WOMEN ONLY YOGA <i>Dianne</i>	<b>Q 10 - 10:55AM</b> BARRE FITNESS <i>Amanda</i>	<b>G 3:30 - 5PM</b> CARDIO WELLNESS <i>Bev</i>	<b>Q 11:45 - 2PM</b> RESERVED FOR GROUP TRAINING	<b>Q 10 - 10:55AM</b> BARRE TECHNIQUE <i>Sarah</i>
	<b>Q 12 - 1PM</b> RESERVED FOR GROUP TRAINING	<b>Q 3 - 4PM</b> RESERVED FOR GROUP TRAINING	<b>G 10:30 - 11:25AM</b> POWER YOGA <i>Lindsey</i>	<b>Q 4 - 5PM</b> TEEN WARRIOR CHALLENGE <i>Nicola</i>		<b>G 12 - 12:45PM</b> BODYSULPTING <i>Jen D.</i>
	<b>Q 2 - 5:30PM</b> RESERVED FOR GROUP TRAINING	<b>G 3:30 - 5PM</b> CARDIO WELLNESS <i>Bev</i>	<b>Q 11AM - 1PM</b> RESERVED FOR GROUP TRAINING	<b>G 5:30 - 6:25PM</b> YOGALATES <i>Monica</i>		<b>Q 12 - 12:50PM</b> AFTERBURNER <i>Kristen</i>
	<b>Q 3:30 - 4:20PM</b> AFTERBURNER <i>Alice</i>	<b>Q 4 - 5PM</b> TEEN WARRIOR CHALLENGE <i>Nicola</i>	<b>G 4:30 - 5:15PM</b> TOTAL BODY WORKOUT <i>Jen D.</i>	<b>Q 5:30 - 6:20PM</b> AFTERBURNER <i>Margie</i>		
	<b>G 5:30 - 6:25PM</b> BODYSULPTING <i>Kate</i>	<b>G 5:30 - 6:25PM</b> MAT PILATES <i>Substitute</i>	<b>G 5:30 - 6:25PM</b> BODYSULPTING <i>Gary</i>	<b>S 6:00 - 6:55PM</b> EXPRESS SPIN <i>Alicia</i>		
	<b>S 5:45 - 6:50PM</b> SPINPOWER WITH FLEX <i>Mary</i>	<b>S 5:30 - 6:15PM</b> EXPRESS SPIN <i>Alicia</i>	<b>Q 5:30 - 6:25PM</b> BARRE FITNESS <i>Amanda</i>	<b>G 6:30 - 7:25PM</b> POWER YOGA <i>Ellen</i>		
	<b>P 6 - 6:55PM</b> TRIYOGA FLOW <i>Mary</i>	<b>P 6:15 - 7:10PM</b> POWER & PEACE YOGA <i>Ellen</i>	<b>S 6 - 6:55PM</b> SPINNING <i>Gordon</i>	<b>Q 6:30 - 8:30PM</b> RESERVED FOR GROUP TRAINING		
	<b>G 6:30 - 6:55PM</b> RESERVED FOR GROUP TRAINING	<b>G 6:30 - 7:25PM</b> TOTAL BODY WORKOUT <i>Matt</i>	<b>G 6:30 - 7:25PM</b> YIN YOGA <i>Dianne</i>			
	<b>G 7 - 7:55PM</b> ZUMBA <i>Beth</i>	<b>S 6:30 - 7:15PM</b> SPINNING <i>Alicia</i>	<b>G 7:30 - 8:25PM</b> ZUMBA <i>Beth</i>			
		<b>Q 6:30 - 9PM</b> RESERVED FOR GROUP TRAINING				
		<b>P 7:30 - 9:15PM</b> ISRAELI DANCE <i>Etsy</i>				

**G GROUP EX STUDIO**  
Main level Fitness Center

**Q QUEENAX STUDIO**  
Lower level Fitness Center

**P PROGRAM ROOM 117**  
Main level Room 117  
(for scheduled classes only)

**S SPINNING STUDIO**  
Main level Fitness Center

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Fees apply; registration required. Visit the Welcome Desk for details.

For Cardio Wellness, contact Bev Watanabe: 513.987.6061

Registration required. Call 513.761.7500 no more than 2 days prior to class.

AccuroFit Heart Rate Tracking used during class (not required but recommended for reaching class goals; visit the Fitness Desk for details).

**Group Ex questions?**  
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 1<sup>st</sup> of each month. Classes are subject to change at any time; please see the Fitness Desk for any updates.

Full class descriptions on reverse.

## YOGA & MEDITATION

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

**Beginning Barre** (Beginner – Advanced): this class is to help you become familiar with the postures and movements used in a barre fitness class. Time will be taken to explain and demonstrate moves to members of all fitness levels. No previous ballet experience is required. **55 min.**

**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.**

**Afterburner** (Beginner – Advanced; Registration required; fees 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.**

**High Intensity Interval Training H.I.I.T.** (Intermediate – Advanced): 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.

**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 Jam** (Beginner – Advanced): In this cardio dance class, you will burn calories and fat through dance styles of jazz, latin, and hip-hop. **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.**

**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

**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.**

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

**Cardio Wellness** (\$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.**