

## Group Fitness Schedule September 8th- December 20<sup>th</sup>

Monday	Tuesday	Weds.	Thursday	Friday	Sat.
Spinning 7:00-7:45am Sherry				Spinning 7:00-7:45am Carolyn	
	Pilates 8:00-8:45am Sherry	Spinning 8:00-8:45am Sherry	Pilates 8:00-8:45am Sherry		Spinning 8:05-9:05am Diane
Cardio & Strength 9:30-11:00am Lisa	Bootcamp 9:30-10:30am Jennifer	Cardio & Strength 9:30-11:00am Lisa	Bootcamp 9:30-10:30am Jennifer	Cardio & Strength 9:30-11:00am Lisa	Muscle 9:15-10:15am Roberta/Sindy
	Simply Fit 9:45-10:30am Jen		Simply Fit 9:45-10:30am Jen		Hula 11:00-11:45am Lindsey
	Yoga 9:30-10:30am Mary Lou		Yoga 9:30-10:30am Mary Lou		
	Tae Kwon Do 6:00-7:00pm Mike		Tae Kwon Do 6:00-7:00pm Mike		
Yoga 6:30-8:00pm Roger	Step and Abs 6:30-7:30 Ron	Spinning 6:30-7:15pm Carolyn	Muscle 7:00-8:00pm Stephanie		
Pilates 8:10-9:00pm Sindy		Pilates 8:10-9:00pm Sindy			

**Class sign-up deadline:  
72 hours (3 days) before the  
class is scheduled to begin.  
If the class minimum is not  
met, see below, the class will  
be cancelled.**

**A minimum of six people must sign up for class in order for the class to be held; except for the Simply Fit class, this has a minimum of five registrants.**

## FALL 2008 FITNESS CLASS PROGRAM

September 8<sup>th</sup> – December 20<sup>th</sup>

**Classes DO NOT MEET Thursday, Nov. 27 – Saturday, Nov. 29th**

### Walk-in Fee for TriHealth classes:

45 minute class = \$5 NON-RESIDENTS = \$6

60 minute class = \$6 NON-RESIDENTS = \$7

**BOOTCAMP (NEW!!!!)**-- If you are in a workout rut or just looking for an exhilarating workout, this is the class for you! In 1 hour you will work every total body AND get your heart rate up. An assortment of equipment will be used along with athletic drills, cardio, and muscle work. This class will only be as hard as YOU make it, so beginners are welcomed!

Tuesday or Thursday 9:30am-10:30am

1 day/week Residents: \$68

Non-residents: \$83

2 days/week Residents: \$131

Non-residents: \$160

**STEP/ABS (NEW!!!!)** – This is a high energy class that is choreographed to motivating music. A great workout for your legs on up ending each time with 15 minutes of abdominal work! Beginners welcome.

Tuesday 6:30-7:30pm

Residents: \$68

Non-residents: \$83

**MUSCLE** – This class includes a warm-up and exercises to target major muscle groups to build muscular strength and endurance. All levels welcome.

Thursday 7:00-8:00pm or Saturday 9:15-10:15am

Residents: \$63

Non-residents: \$77

**PILATES** – The focus of this class is on the core muscles in the hips, abdominals and back. You will gain muscle toning, stability and balance. All levels welcome.

Monday or Wednesday 8:10-9:00pm, Tuesday or Thursdays 8:00-8:45am

Mon or Tue or Wed Residents: \$51 Non-residents: \$62

Thursday Residents: \$47 Non-residents: \$58

**SIMPLY FIT** - This class is a mix of muscle toning, balance exercises and flexibility training. All exercises will be slow and controlled. This class will assist those who need exercise for osteoporosis, range of motion loss, back pain and instability, to name a few. All levels welcome.

Tuesday 9:45-10:30 and Thursdays 9:45-10:30am

1 day/week→ Resident: \$39 Non-resident: \$59

2 days/week→ Resident: \$76 Non-resident: \$98

**SPINNING** – A bicycling class with an instructor that will talk you through peaks and valleys of a virtual bike ride. This is an interval type of workout in which you are challenged to break free of your comfort zone and to improve your fitness level. Beginners are welcome. Motivational music plays a large part of this workout. Only 6 bikes are available, Sign up right away! All levels welcome.

Monday 7:00-7:45am, Wednesday 8:00-8:45am, Friday 7:00-7:45am, Saturday 8:05-9:05am,

Wednesday 6:30-7:15pm

Mon or Wed Residents: \$51 Non-residents: \$62

Friday Residents: \$47 Non-Residents: \$58

Saturday Residents: \$63 Non-Residents: \$77

**\*\* Please see your physician before taking group fitness classes or beginning any exercise program.**

**AEROBICS, HULA, TAE KWON DO & YOGA – Call 563-2247 for information on these classes  
(These are not Tri-Health classes)**

**FITNESS CLASSES with contract instructors (details online)**

**CARDIO & STRENGTH TRAINING**    September 3 - October 24    Mondays, Wednesdays, Fridays  
9:30-11:00am  
with Lisa    *1 day Resident \$48    Non-Resident \$50    Walk-in \$7*  
8 week session    *2 day Resident \$80    Non-Resident \$82    Walk-in \$7*  
                         *3 day Resident \$96    Non-Resident \$98    Walk-in \$7*

Get your cardio and weight work done in one class! We combine cardio with strength work to give you an all around fitness experience. We work by intervaling free weights, bands, step benches, bosu balls, medicine balls, spinners, and much more. Come and get in the best shape of your life!

**HULA CLASSES**    Sept. 13 - Dec. 6 (no class 11/27)    Saturdays  
with Lindsey    Intermediate class – 11 am  
13 week session    *Resident \$60    Non-Resident \$72    Walk-in \$10*

**EVENING YOGA**    August 25 - October 20    Mondays  
with Roger    6:30-8:00pm  
8 week session    *Resident \$56    Non-Resident \$72    Walk-in \$10*

**MORNING YOGA**    September 23 - October 30    Tuesdays, Thursdays  
with Mary Lou    \$30 per session on Tuesday for residents; \$36 for non-residents  
6 week sessions    \$30 per session on Thursday for residents; \$36 for non-residents  
                         \$7 walk-in

The next session will be November 4 through December 18, with no class on November 27. Same prices

**TAE KWON DO**    Sessions run monthly    Tuesdays & Thursdays  
with Mike    6:00pm - 7:00pm  
                         *1 person in the family \$25/person    2 or more in the family \$20/person*  
All ages and skill levels welcome.