




May Class Schedule unlimited classes

\$35 Monthly Fee (\$30 if paid by April 1)

BUY FITNESS PASS OR Walk-in for \$10/class

Monday	Tuesday	Wed.	Thursday	Friday	Saturday
			You can add funds to your rec. acct to make it easy to renew your monthly pass. 513-563-2247		Clean ALL equipment used with spray and towels provided.
Cardio & Strength 9:30-11:00a South Gym Lisa	Yoga 9:30-10:30 a Activity Room Helene	Cardio & Strength 9:30-11:00a South Gym Lisa		Yoga 9:15-10:30a Sandy	Spin 8:30-9:30a Amy
Ageless Fitness 9:30-10:30a Amy	Barre 9:30-10:30 a.m. Amy	Ageless Fitness 9:30-10:30a Amy	Barre 9:30-10:30 a.m. Amy	Ageless Fitness 10:40 -11:40a Amy	Strictly Muscle 9:30-10:30a Amy
	Strong Lift 5:30-6:30 p Amy	<i>Childcare offered 9:00 – Noon Mon-Sat & 5:30-8 p.m. Wed Pay at the front desk.</i>	Oh HIIT 5:30-6:15 p Amy		
	Tae Kwon Do 6:15-7:15 p Mike	Mindful Yoga 5:45 – 6:45 p Cynthia C.	Tae Kwon Do 6:15-7:15 p Mike		
Yoga 6:00- 7:15p Sandy	Quiet Stretch 6:30-7:00 p Amy		Quiet Stretch 6:15-6:45 p Amy		