

# Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Total Body Strength</b> 6 – 6:45 a.m. Group Exercise Studio David	<b>Vinyasa Yoga</b> 5:30 – 6:30 a.m. Mind Body Studio Kiley	<b>HIIT the Turf</b> 6:30 – 7:15 a.m. Westside Turf David	<b>Rise and Ride</b> 5:30 – 6:15 a.m. Cycle Studio Jimmy	<b>Yoga-lates</b> 6 – 7 a.m. Group Exercise Studio Jill	
	<b>Barre Sculpt</b> 6 – 6:45 a.m. Group Exercise Studio Karen	<b>Zumba®</b> 9 – 9:50 a.m. Group Exercise Studio Barb D.	<b>Core &amp; More</b> 6:15 – 6:45 a.m. Group Exercise Studio Jimmy		
<b>Cardio &amp; Tone</b> 9:30 – 10:15 a.m. Group Exercise Studio Michelle	<b>Cycling Strength &amp; Stamina</b> 6 – 6:45 a.m. Cycle Studio Larry	<b>Beginner Tai Chi</b> 11 a.m. – 12 p.m. Group Exercise Studio Barb	<b>Yin Yoga</b> 10 – 11 a.m. Mind Body Studio Jennifer	<b>Hip/Hop Step</b> 12:00 – 12:45 p.m. Group Exercise Studio Mojo	<b>Hip/Hop Step</b> 10 – 11 a.m. Group Exercise Studio Shonna
					<b>Myofascial Release</b> 11:30 a.m. – 12:30 p.m. Mind Body Studio Rosie
<b>Cycle Training</b> 5:45 – 6:30 p.m. Cycle Studio Jimmy	<b>HIIT the Turf</b> 5:45 – 6:30 p.m. Westside Turf David	<b>Cycling Strength &amp; Stamina</b> 6 – 6:45 p.m. Cycle Studio Larry	<b>Total Body Strength</b> 5:45 – 6:30 p.m. Group Exercise Studio David		
<b>Beginner Tai Chi</b> 6:15 – 7:15 p.m. Group Exercise Studio Barb	<b>Intermediate Hip/Hop Step</b> 6:15 – 7:15 p.m. Group Exercise Studio Shonna	<b>Pilates</b> 6 – 6:45 p.m. Mind Body Studio Karen	<b>Zumba®</b> 6:15 – 7:05 p.m. Mind Body Studio Barb D.		
	<b>Yin Yoga</b> 7:15 – 8:15 p.m. Mind Body Studio Kiley	<b>Vinyasa Yoga</b> 7 – 8 p.m. Group Exercise Studio Rosie	<b>Power Yoga</b> 6:30 – 7:30 p.m. Group Exercise Studio Kiley		

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**Aqua Yoga** – Low-impact and therapeutic for joints while not sacrificing the strength and stability aspects of yoga. Students do not submerge underwater from the shoulders up in this class.

**Aqua Move** – Get moving in this low impact workout by using cardio and strength movements utilizing your bodyweight, noodles, and water weights.

**Barre Sculpt** – Utilize light weights combined with repetitive, small, and isometric movements to improve strength and balance. Movement is constant in this class in order to achieve steady state cardio to maintain a consistent heart rate.

**Beginner Tai Chi** – Improve balance and control of your body by performing gentle, relaxing, and low-impact series of movements while focusing on slow, deep breaths

**Cardio & Tone** – Burn some calories and have fun doing a variety of cardio movements with bodyweight or weights.

**Core & More** – Develop functional core strength and stability performing plank variations, bird dogs, a variety of crunches, and core circuits.

**Cycling Strength & Stamina** – Combines heart-pumping cardio with strength-building resistance, alternating between steady endurance segments and challenging climbs or sprints. You'll push through intervals that enhance both stamina and muscular strength. Great for all levels!

**Cycle Training** – Beginner to cycling? Cycle training is the perfect place to start. Learn the basics of cycling as you sprint and climb to good music for a great workout

**Hip/Hop Step** – Step is BACK! Hip Hop Step is a great way to burn calories and build endurance while having some fun. All fitness levels welcome.

**HIIT the Turf** – High Intensity Interval Training on our indoor turf space including stations of a variety of exercises for a full body workout.

**Myofascial Release** – A form of massage and physical therapy that applies pressure to trigger points to reduce muscle soreness, tension, and stiffness, as well as improve range of motion and blood circulation. Learn how to manage your pain from injuries, physical activity, and more.

**Pilates** – Low impact workout and repetitive exercises with a primary focus on core strength and development.

**Power Yoga** – Combining Ashtanga with the flow of Vinyasa you will build strength and muscular endurance with this higher intensity yoga practice.

**Rise and Ride** – Start your day off right with a morning cycle workout by performing sprints and climbs. All experience levels welcome!

**Total Body Strength** – Higher intensity class that hits every part of the body. Whether it's squats, lunges, rows, push-ups, deadlifts, or core, you'll feel good all over.

**Vinyasa Yoga** – Dynamic and fluid style of yoga that emphasizes the synchronized movement of breath with a sequence of poses. Also known as "flow yoga," Vinyasa includes seamless transitions from one posture to another to improve strength, balance, stability, and mobility.

**Yin Yoga** – Slower pace and meditative style of yoga where positions are held for a longer duration to target the deep fascia and connective tissue.

**Yoga-lates** – Just as the name says, get the best of both worlds with 30 minutes of yoga and 30 minutes of Pilates.

**Zumba®** – Follow repetitive choreography to great music for a fun and calorie burning aerobic form of exercise from this Latin inspired dance workout.