

Group Exercise Schedule

Jan 2024



McConnell Heart Health Center
OhioHealth

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45-6:30am Cycling Cycle Zone Beth	5:45-6:30am Cycling Cycle Zone Wendi	5:45-6:30am Cycling Cycle Zone Sarah	5:45-6:30am Cycling Cycle Zone Wendi		
	9-9:45am Cardio Drums Studio 2 Lynsey	6:15-7:00am Boot Camp Studio 2 Jen	6:00-7:00am Yoga Mix Mind-Body Studio Susan	6:15-7:00am Boot Camp Studio 2 Jen	6:15-7:00am Step Plus Studio 2 Jen	
8:30-9:30am Cycling Cycle Zone Joy	9:30-10:15am Pilates Mix (hybrid) Mind/Body Lara	9:30-10:15am Cycling Cycle Zone Julie	9-9:45am Cardio Drums Studio 2 Erin	9:00-9:45am Pilates Mix Mind-Body Studio Erin	8-9am Yoga Mix Mind/Body Dori	8:30-9:15am Cycling Cycle Zone Amanda/Noelle
9:45-10:15am Express Core Studio 2 Joy	9:45-10:30am Cycling Cycle Zone DaVaun	9:00-9:45am Beginner Tai Chi Studio 2 Patti	9-9:45am Pilates Mix Mind/Body Jillian	9:45-10:30am Cycling Cycle Zone DaVaun	9-9:55 Intermediate Tai Chi Studio 2 Patti	10:00-10:45am Yoga Mix Mind-Body Studio Noelle
11:00-11:45am TBC Studio 2 Jen/JoAnn	10:00-10:45am Barre Studio 2 Jill	10:00-10:45am Cardio Light Studio 2 Patti	10:00-11:00am Step, Strength & Stretch Studio 2 Jillian	10:00-10:45am Cardio Light Studio 2 Patti	10:15-11:00am Cardio Dance Light Studio 2 Monica	10:00-11:00am Step Plus Studio 2 Patti
11:00-11:45am Fusion 45 Mind/Body Kim	10:45-12:00pm Yoga Mix Mind-Body Studio DaVaun	10:15-11:00am Pilates Mix Mind-Body Studio Lara	11:15-12:00pm Cycling Cycle Zone Wendi	10:45-12:00pm Gentle Yoga Mind-Body Studio DaVaun	10:15-11:00am Pilates Mix Mind-Body Studio Lara	11:10-11:55am Basic Step Studio 2 Patti
12-12:45pm Basic Strength & Balance Studio 2 JoAnn/Jen	11:00-11:45am TBC Studio 2 Jill	11:00-11:45am Basic Strength & Balance Studio 2 Amanda	12:15-1:15pm Vinyasa Yoga Mind-Body Studio DaVaun	11:15-12:00pm Total Body Conditioning Studio 2 Mike	11:15-12:00pm Basic Strength & Balance Studio 2 Monica	**Please check MyWellness for most up to date information**
	12:15-1:00pm Cycle & Sculpt Cycle Zone Lara	1:00-2:00pm Gentle Yoga Mind-Body Studio Abby		12:15-1pm Cycle & Sculpt Cycle Zone Lara	11:15-12:00pm Cycling Cycle Zone Joy	
	1pm-2pm Basic Yoga Mind-Body Studio Abby			12:30-1:15pm Basic Strength and Balance Studio 2 Monica	12:15-1:15pm Yoga Mix Mind-Body Studio Gwen	
	4:15-5:00pm Pilates Mix Mind-Body Studio Monica		4:30-5:15pm Chair Yoga Mind-Body Studio Gwen	1:00-2:00pm Gentle Yoga Mind-Body Studio Abby	5:15pm-6pm Cardio Dance Studio 2 Monica	
	4:45-5:15pm Express Core Studio 2 Joy	5:30-6:15pm Yoga Mix Mind-Body Studio Noelle	5:30-6:15pm Teambeats Cycling Cycle Zone Kim	4:15-5:00pm Pilates Mix Mind-Body Studio Monica		
	5:30-6:15pm Cycling Cycle Zone Joy	5:45-6:30pm Cycling Cycle Zone Grace	5:30-6:30pm Yoga Mix Mind-Body Studio 2 Gwen	5:30-6:15pm Vinyasa Yoga Mind/Body Veronica		
	5:30-6:15pm Barre Studio 2 Erin	6:00-6:45pm Zumba Studio 2 Tabatha	6:00-6:45pm Barre Studio 2 Tabatha	5:30-6:15pm Cardio Dance Studio 2 Monica		
	5:30-6:15pm Yoga Mix Mind/Body Cindy			6:30-7:15pm TBC Studio 2 Jen		
	6:30-7:15pm Simply Strength Studio 2 Joy					

BEGINNER

BASIC STRENGTH & BALANCE—Learn basic strength training exercises using small balls, weights and therabands. Some of the class is done seated in a chair or on a ball. Balance exercises are included to improve coordination and confidence.

BASIC/GENTLE YOGA – This gentle class will incorporate foundational poses with attention to alignment and breathing. It will include a slow sequence of prone, seated, and standing poses to increase flexibility, build strength, and foster relaxation. Modifications will be given and props will be used to support the body in each pose in an optimal way.

CHAIR YOGA – A gentle practice in which yoga is performed while seated and/or with the aid of a chair. It is also a great form of yoga for beginners or anyone who wants to focus on a gentle practice.

TAI CHI (Beginner)- Learn the basic principles and fundamental movements of Tai Chi while improving balance, strength, flexibility, and mindfulness.

YO CHI – This class combines poses and movements from the disciplines of Yoga & Tai Chi, by increasing mobility and balance. Challenge the body while restoring the mind. Seated or standing welcome.

BEGINNER TO INTERMEDIATE

BASIC STEP – Straight forward, easy to follow Step combinations providing a great low impact aerobic workout!

BARRE –this low-impact ballet inspired workout will lengthen, strengthen and stretch all those hard-to-reach muscles. (no ballet experience needed). **Must be able to get up and down off the floor with ease.**

CARDIO DANCE LIGHT –This energizing cardio class is set to fun music. It uses easy-to-follow dance moves and combines fast and slow rhythms to tone and strengthen your body.

CARDIO LIGHT –A fun, easy-to-follow low impact cardio class.

SIMPLY STRENGTH- Strength training with medium to heavy weights. This class will help improve balance, strength, core and more. All major muscles used to push your strength gains to new levels

TAI CHI (Intermediate)- Apply the principles and fundamental movements of Tai Chi to the series of movements called the Tai Chi 'Form'. Prior participation in Beginner Tai Chi recommended.

YOGALATES- Yogalates combines Pilates and yoga for a total body and mind workout. Develop core strength and stabilization through Pilates moves, while improving flexibility, strength, posture, and alignment with yoga poses.

INTERMEDIATE TO ADVANCED

CARDIO DANCE – This class incorporates footwork and body movements from a wide variety of dances including hip-hop, Latin, ballet, bachata and jazz. Participants will groove to the beat as they move and have fun. Class will start off with a slower beat and then rev it up for a great workout.

Pound- grab your drum sticks and join a heart pumping choreographed cardio routine! (must be able to get up and down from the floor with ease.)

EXPRESS CORE – This 30-minute class will challenge your abdominals, back and hips to strengthen your core. Stretching included.

TOTAL BODY CONDITIONING (TBC) – Challenge yourself in this high-energy, total body muscular strength and endurance class. A complete workout using risers, dumbbells and more!

STEP PLUS – Challenging step combinations provide a fun, high-energy workout. Some strength and core work may be included as intervals or at the end of class.

TBC – Blast your fitness level in this challenging class designed to push you while having fun. Be prepared to sweat, breathe hard & get super fit

VINYASA YOGA– This class is moderate to faster paced, with instruction in alignment of the body and linking with the flow of breath. Learn range of standing, sitting, balancing and back-bending poses to connect the breath with movement through deep, full yogic breathing. **Must be able to get up & down from the floor with ease and flow through poses.**

ALL LEVELS

BARBELL BLAST- This total body workout will use light barbells with an opportunity to add 2.5-5lb plates to increase strength, muscular endurance and 15 minutes of a core workout on a mat or in a chair.

CYCLING – Indoor cycling is a high intensity, low impact aerobic workout that is an individually paced group training class. If class is marked Teambeats -hearttrate monitors ARE used during class. OPTIONAL

CYCLE & SCULPT – This class combines the cardiovascular benefits of cycling with toning exercises using a band & bodyweight.

FUSION 45- Fusion 45: “This energizing class combines elements of Core and Strength to improve muscle tone and flexibility. **Must be able to get up and down off the floor with ease.**

PILATES MIX –Improve posture and increase muscular strength and endurance by doing Pilates exercises on the mat and using other props. **Must be able to get up & down from the floor with ease.**

STEP & STRENGTH & STRETCH– A combination class of intervals using the step for cardio and weights for strength training as well as stretching to improve flexibility.

YOGA MIX – This class is moderately paced, with instruction in alignment of the body and flow of breath. Learn range of standing, sitting, and balancing poses to connect the breath with movement through deep, full yogic breathing. **Must be able to get up & down from the floor with ease.**

UPBEAT- A full body, energetic drumming class that creates a mind-muscle connection that delivers fun and fitness. This class can be done seated or standing.

ZUMBA- a fitness class inspired by various styles of Latin American dance and performed primarily to Latin American dance music.