

Ontario Health & Fitness Center Group Exercise Class Schedule

First Floor Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			5:30-7:00am Glutes, Guts & Guns		8:00-9:30am Cardio & Strength Combos
8:30-9:15am Low Impact Aerobics	8:30-9:15am Strengthen & Stretch	9:00-10:00am Yoga for Stronger Bones	8:30-9:15am Strengthen & Stretch	8:30-9:15am Kardio & Kettlebell <small>No class on 12/22 & 12/29</small>	
9:30-10:15am Brawn and Brains	9:30-10:15am Low Impact Aerobics		9:30-10:15am Low Impact Aerobics	9:30-10:15am Brawn and Brains	
10:30-11:15am Balance Training -Mixed Level-	10:30-11:15am Chair Yoga	10:30-11:15am Balance Training -Mixed Level-	10:30-11:15am Stretching with Yoga	10:30-11:15am Balance Training -Mixed Level-	10-11am *YOGA for Veterans
12:00-12:45pm Tai Chi for Health		11-11:45am Wellness Walk Group Walk on Track	12:00-12:45pm Seated Tai Chi		
Parkinson's Exercise Programming	1:00-1:45pm Balance & Beyond	Parkinson's Exercise Programming	1:00-1:45pm SilverSneakers® Classic	Parkinson's Exercise Programming	
5:30-6:30pm BootCamp	6:00-7:00pm Hatha Yoga	5:00-6:00pm *YOGA4CANCER	5:30-6:30pm BootCamp		

Second Floor Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45-9:30am Cycle:45		8:45-9:30am Cycle:45		8:45-9:30am Cycle:45	
9:45-10:45am Yoga Selections		9:45-10:30am Ball Conditioning			
	4:30-5:15pm Cycle:45	5:30-6:30pm Aerobisculpt			

*Aquatic Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30-9:30am OPEN POOL			8:30-9:30am OPEN POOL	
	4:00-4:45pm Aqua Aerobics		5:30-6:15pm Aqua Aerobics		8:30-9:15am Aqua Aerobics

A **Splash Pass** must be presented to the instructor when attending an aquatic class or open pool. This pass guarantees your participation in the class. Passes are available at the front desk 30 minutes prior to the scheduled start of each class.

Aqua Aerobics: Maximizing the buoyancy and resistance of water, this low impact, high-energy workout includes a 30-minute aerobic segment followed by muscle conditioning exercises, balance work and stretching.

Open Pool: Our warm water pool will open to members on Tuesdays and Fridays from 8:30-9:30AM

***Pool will be closed Dec. 22nd- Jan. 1st for Maintenance and Cleaning. Pool will re-open on January 2nd.**

Holiday Hours of Operation

December 23-25th- Closed
 December 30-January 1st- Closed

Normal Hours of Operation will resume on Tuesday January 2nd



Aerobisculpt: A blend of low impact cardio movements and light weight strength training to firm and sculpt your entire body from head to toe.

Balance Training: As we age, our balance naturally begins to diminish. Exercise can help us maintain, improve and even prevent balance loss. This class will address ways of preventing a fall through: improved posture, increased muscular strength, improved agility & coordination and increased self-confidence.

Balance & Beyond: An advanced balance class that will primarily focus on standing balance exercises and walking drills.

Ball Conditioning: Join us for this total body workout using the stability ball. This class focuses not only on muscular strength and flexibility, but also on balance, coordination and core conditioning.

Boot Camp: Be all you can be with this full body strength work-out. Moderate to hard intensity levels will be provided.

Brawn and Brains: Challenge your brain and your muscles with strength training and coordination drills. This Senior Friendly Strength and Agility Class is designed to improve your functional fitness, memory, and thinking skills.

Cardio & Strength Combos/ Glutes, Guts & Guns: Build muscle and tone up from head to toe in these extended classes. Participants will put their muscles to the test as portions of the class will target specific areas of the body.

Chair Yoga: This chair-based Yoga Class will offer the benefits of our other yoga classes but use a chair as a prop for support, balance, or advancing the pose as appropriate for each student.

Cycle:45: This 45-minute cycling workout will challenge riders on flat roads and in the hills with speed work, strength work and drills. Appropriate for all fitness levels and abilities, these classes provide a great workout with lots of variety. LIMITED TO 12 PARTICIPANTS ONLY- pick up ticket at front desk.

Kardio & Kettlebell: Swing into a different type of workout. This 45-minute half and half workout will focus on cardio, muscular endurance and improving overall fitness.

Hatha Yoga/Yoga Selections: A mixed-level yoga class that is great for beginners as well as experienced yoga practitioners. Using gentle Hatha Yoga poses we will physically increase the energy flow while at the same time increasing flexibility and strength.

Low Impact Aerobics: Pop and Latin music set the stage for this fun and easy-to-follow class that combines low impact aerobic moves with simple dance steps for a great cardio workout.

Parkinson's Exercise Programming: OhioHealth's signature program designed to empower people living with Parkinson's. See front desk for more information.

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Strengthen & Stretch: Low impact aerobics for warm up and cool down along with 20-minutes of strengthening and 15-minutes of stretching makes this a "senior friendly" class that is open to all ages and abilities. Participants will find it improves muscle tone, flexibility and range of movement.

Stretching with Yoga: Adaptable for all fitness levels. Through gentle poses and postures, this class helps strengthen the muscles in your core, back, arms and legs. If you have had reservations in the past about what yoga can do for you, try this 45-minute class.

Tai Chi: Tai Chi is an ancient Chinese art of gentle, flowing movement that is known for its health benefits. Regular practice can prevent pain and stiffness, lower blood pressure, improve balance and increase energy.

Yoga for Stronger Bones: Comprised of mostly standing poses, this weight bearing yoga class is designed to stimulate bone growth, improve posture and balance, enhance coordination and increase strength/range of motion.

Yoga for Veterans: With regular practice, Yoga can help relieve stress and cultivate a sense of balance and ease in daily life. *This class is free to non-members and open to active military, veterans, and family members.

Yoga4Cancer: An oncology yoga class designed to address the specific physical and emotional needs of cancer patients and survivors. It applies to all cancer types and stages. The comprehensive practice matches specific poses and sequences with the breath to mitigate side effects, support the immune system and achieve healthcare guidelines for movement. * This class is free to non-members and open to anyone touched by cancer and caregivers.