

## Ontario Health & Fitness Center Group Exercise Class Schedule

### Say Goodbye to 2020 and start the New Year off Right!

Whether you are looking to lose 20 pounds or just wanting to commit to an exercise routine, the OhioHealth Ontario Health and Fitness Center team is here to help you make your resolutions a reality.

- **Try out a New Group Exercise Class-** *It's a great way to meet new people and have fun while exercising (yes, it's possible).*
- **Take advantage of your orientation appointments-** *Set yourself up for success with an instructor-led walk-through of our equipment.*
- **Schedule an Inbody Test-** *Discover what you're made of (literally) in terms of muscle mass, body fat, and water weight so you can set appropriate goals.*
- **Consider Personal Training -** *Not sure where to start? A fitness professional can assist you in setting achievable goals, help you accelerate your results, and give you a source of accountability.*

### First Floor Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:30am Cross Train Fit		5:45-6:30am H.I.T.T.			
9:30-10:15am Brawn and Brains		9:30-10:15am Walk Fit		9:30-10:15am Strengthen & Stretch	9:30-10:15am Walk Fit
10:30-11:15am Balance Training -Mixed Level-	10:00-10:45am Low Impact Aerobics	10:30-11:15am Balance Training -Mixed Level-	10:00-10:45am Low Impact Aerobics	10:30-11:15am Balance Training -Mixed Level-	
	11:00-11:45am Stretching with Yoga		11:00-11:45am Stretching with Yoga		
12:00-12:45pm Tai Chi for Health			12:00-12:45pm Seated Tai Chi		
1:00-2:00pm Delay the Disease* -Mixed Level-		1:00-2:00pm Delay the Disease* -Mixed Level-	1:00-1:45pm SilverSneakers® Classic	1:00-2:00pm Delay the Disease* -Mixed Level-	
	5:30-6:30pm Hatha Yoga		5:00-5:45pm Cardio & Core		

### Second Floor Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45-9:30am Cycle:45		8:45-9:30am Cycle:45			

*\*Classes denoted by an asterisk are considered Specialty Classes and require pre-registration prior to attendance.*

Group Ex. Class Schedules are also available online at <https://www.ohiohealth.com/locations/health-and-fitness/ontario-health-fitness-center/>

## **For Your Safety – Please Follow These New Protocols**

- Tickets will be required for all classes and can be obtained at the front desk. Members may pick up a ticket 30 minutes prior to the start of class; 15 minutes prior for non-members. *One ticket per participant.*
- A maximum of **14** participants will be permitted in each class.
- Please maintain 6' social distancing and wear a mask when not exercising.
- Disinfecting wipes will be provided. Be sure to clean your equipment before and after use.
- Yoga mats and supplies will not be available. You can bring your own yoga mat or use the blue foam mats.

## **Exercise Class Descriptions**

**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.

**Brawn and Brains:** Challenge your brain and your muscles with strength training and coordination drills. This 45 Senior Friendly Strength and Agility Class is designed to improve your functional fitness, memory, and thinking skills.

**Cardio & Core:** Improve your cardio and build your core in this low impact, classroom-based workout using a variety of body weight exercises.

**Cross Train Fit:** Switch up your routine with a little cross-training in this 30-minute, high intensity, equipment-based class that targets both cardio and strength.

**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.

**Delay the Disease\*:** OhioHealth's signature program designed to empower people living with Parkinson's.

**Hatha Yoga:** A mixed-level yoga class that is great for beginners as well as experienced yoga practitioners.

**H.I.I.T.:** A variable **H**igh **I**ntensity **I**nterval **T**raining class designed to improve cardio, muscular endurance and strength all in one quick workout.

**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.



**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:** Improve your muscle tone and range of movement in this "senior friendly" class that is open to all ages and abilities. Class consists of 30-minutes of strengthening followed by 15-minutes of stretching.

**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.

**Tai Chi for Health** can be performed seated or standing and is open to all ability levels. The **Seated Tai Chi** class is an introductory course performed seated in a chair.

**Walk-Fit:** Using basic cardio moves that anyone can master, this class is fun, effective and easy on the joints. Walk your way fit with this low impact workout that includes a toning segment and relaxing stretch.

