

Group Exercise Class Schedule

January 2nd – March 2nd 2024

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	
9:30-10:15am Brawn, Brains & Balance	9:30-10:15am Low Impact Aerobics		9:30-10:15am Low Impact Aerobics	9:30-10:15am Brawn, Brains & Balance	
10:30-11:15am Balance Basics	10:30-11:15am Chair Yoga	10:30-11:15am Balance Basics	10:30-11:15am Stretching with Yoga	10:30-11:15am Balance Basics	10-11am *YOGA for Veterans
12:00-12:45pm Tai Chi for Health			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	5:30-6:30pm 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	8:30-9:15am Aqua Aerobics
	Aqua Arthritis Programming		Aqua Arthritis Programming		
	4:00-4:45pm Aqua Aerobics		5:30-6:15pm Aqua Aerobics		

Group Exercises Classes at Kingwood Center Gardens

Powered by the OhioHealth Ontario Health and Fitness Center Group Exercise Instructors

These classes are free to any Kingwood Member and/or Eligible SilverSneakers®, otherwise a drop-in rate of \$5.00/class.



Stretching with Yoga offered every Tuesday from 11:00-11:45am

Wellness Walk and Morning Stretch offered every Wednesday from 11-11:45am

During this 45-minute class, take in the natural beauty of Kingwood Gardens and breath-in the fresh winter air. Dress warm with appropriate footwear as we will trek a 3/4-mile loop, ending with a stretching session designed to leave you feeling refreshed and restored in mind, body, and spirit.

Exercise Class Descriptions

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 Programs

As we age, our balance naturally begins to diminish. Exercise can help maintain, improve and even prevent balance loss.

Balance Basics: This class will address ways of preventing a fall through: improved posture, increased muscular strength, improved agility & coordination and increased self-confidence. This class can be taken from the seated and standing position.

Balance & Beyond: An advanced balance class that will primarily focus on standing balance exercises and walking drills. Portions of this class will be held on the track.

Brawns, Brains & Balance: Challenge your brain and your muscles with this combination class of strength training balance drills and coordination skills. This senior friendly strength and balance class is designed to improve your functional fitness.

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. Seated and Standing Options available.

Ball Conditioning: Join us for this head-to-toe 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.

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: Our cycling classes 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.



A **Water Bottle, Towel** and **Bike Shorts** are strongly recommended!

A **Ticket to Ride** must be presented to the instructor when attending a power cycling workout. This ticket guarantees your seat on the next ride. Tickets are available at the front desk 30 minutes prior to the scheduled start of each class (15 minutes prior for non-members). You will receive your "Ticket to Ride" upon registration of the workout. Tickets will not be distributed after the start of class.

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.



Winter Session
January 2nd – March 2nd 2024

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.

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.

Aquatic Classes


A **Splash Pass** must be presented to the instructor when attending an aquatic workout. 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 Arthritis Programming: A warm water, joint-safe exercise program using gentle movements to improve functionality. This class runs in 6-week sessions, pre-registration is required. See front desk for more information.

Aqua Arthritis: February 20th- March 28th
Tuesdays/Thursdays class offered at 10AM, 11AM, 12PM and 1PM
Members: \$35.00/6-weeks **Non-Members:** \$70.00/6-weeks
Space is Limited. Please Pre-Register at Front Desk

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 be open to members on Tuesday and Fridays from 8:30-9:30AM. Reservations are required. Please contact front desk to reserve a time. Splash Pass is required for entry to pool area.



OhioHealth Ontario Fitness Center Closures and Delays
During a Snow Emergency for Richland County, please refer to the policy listed below:

Snow Level 1 Emergency - Fitness Center will remain open, but all group exercise classes will be cancelled until snow emergency is lifted.

Snow Level 2 Emergency - Fitness Center will delay opening. As weather improves, fitness center will re-evaluate opening. Please call for updates.

Snow Level 3 Emergency - Fitness Center will remain closed.

For updates on closures and delays please check your email or our Facebook page.

Ontario Health & Fitness Center Group Exercise Class Schedule

Stay on Track in 2024

Stay on Track Personal Training Pack With this package you will have the tools you need to achieve your goals this year. Our trainers will help you set up a personalized exercise program and then stick with you over the course of a year, to Keep You on Track in 2024.

30 minute and 60 minute package options available:

12- 30 Minute Personal Training Session - \$150.00 (\$50 savings)
12- 60 Minute Personal Training Session - \$300.00 (\$80 savings)

Basketball Court/Pickleball Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
"Pick-Up" Play 9:00am-11:00am	Pickleball Skills & Drills		"Pick-Up" Play 9:00am-11:00am			
	"Pick-Up" Play 5:00pm-7:00pm					

Please Note: The south end of the basketball court will remain open for basketball and other activities during the weekend hours and on weekdays after 3PM.

Pick-Up Pickleball: Don't have a partner? Join us during our Pick-Up Play. Open to all ability levels, players can come and go during this time block of rotational play.

Reserved Play: The North and South Court is open for Reservations during non-scheduled court times. Payment Due at Time of Reservation.

Pickleball Preview: New to Pickleball? Register for a free 30-minute Pickleball Preview Session at the front desk. Players will be introduced to the basic skills and rules of play in a non-threatening atmosphere.

Pickleball Skills & Drills: January 9th- 30th
Tuesdays 12:00-12:45pm
Members: \$10.00/4-weeks **Non-Members:** \$25.00/4-weeks
Space is Limited. Please Pre-Register at Front Desk

Pickleball Skills and Drills: Skills & Drills is a 4-week program designed to help participants develop the skills required to improve their game. Each class will focus on a new skill set including serving, close net volleying, and more. Class format consists of 20-25 minutes of practice drills, followed by 20-25 minutes of game play with instructor guidance.