These classes address ways of preventing a fall through improved posture, increased muscular strength, and other factors. Some classes include:

- **Tai Chi for Health**
- **Aqua Aerobics**
- **F.I.T.T.**
- **SilverSneakers**
- **Ball Conditioning**
- **Cardio/Sculpt**
- **F.I.T.T.**
- **Balance Training**
- **Balance Basics (beginning level)**
- **Balance Basics (advanced level)**
- **Cardio/Sculpt**
- **Kettlebell Crunch**
- **Pilates**
- **Yoga**

**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. A variety of balance-specific group exercise classes are available to meet your individual needs and skill level. These classes address ways of preventing a fall through improved posture, increased muscular strength, improved agility and coordination and increased self-confidence.

**Balance Basics** – a 20-minute beginning level class; **Balance & Beyond** – a 45-minute advanced level class; And our signature **Balance Training** – a 45-minute mixed level/intermediate level class

**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.

**Cardio/Sculpt**: This 50/50 cardio-sculpting class combines a variety of cardio exercise formats (boot camp, kickboxing, floor aerobics and step moves) with exercise tubing, bar and dumbbells in a 60-minute full body workout.

**F.I.T.T.** **Body**: Low impact Fitness-focused Interval Training combining bodyweight strength training and yoga moves.

**Fit Mix**: A total body conditioning class using a mix of equipment and workout styles to target cardio, strength and core.

**F.I.T.T.:** Fitness Intervals & Tabata Training uses repetitive work-recovery cycles to challenge and improve both cardiovascular fitness and muscular strength and endurance. Moderate to hard intensity levels will be provided.

**Gentle Yoga**: A slow, focused hatha yoga class designed to not only enhance muscular strength and range of movement, but improve mental clarity and minimize stress as well.

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

**Kettlebell Crunch**: A 30-minute total body conditioning class using kettlebells to target cardio, strength and core.

**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.

**PUMP**: Pump up the volume and get lean, toned, and stronger in our new 30-minute, free weight/bodyweight based class. This quick paced, low weight - high rep workout is guaranteed to challenge your muscles, drive your heart rate and bring some intensity to your strength training routine.

**Restorative Yin Yoga**: A slow-paced style of yoga that emphasizes long held poses designed to target the fascia and deep connective tissues of the body to improve flexibility and stimulate energy flow through the body, heart and mind. Please bring a bolster or blanket to class for this 60-minute “restorative” format.

**ReVamp**: Revamp your body using interval training to challenge and improve both cardiovascular fitness and muscular strength and endurance. Similar to HIIT, but not quite as intense, this class offers a great workout for all fitness levels.

**Short Circuit**: Join us for this 30-minute, station-based workout using a variety of exercises and exercise equipment to give you a quick, full-body workout.

**SilverSneakers® Circuit**: Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching and complete relaxation in a comfortable position. Class will resume at 9:30am on Friday, January 10, 2020.

**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.

**SilverSneakers® Yoga**: This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

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**Aquatic Classes**

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*Classes denoted by an asterisk require pre-registration. Please see Specialty Class listings for more information.

Class Schedules are also available online at https://www.ohiohealth.com/locations/health-and-fitness/ohio-health-fitness-center/
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.

Tabata Ball: An interval style ball conditioning class using classic Tabata timing/formatting of 20 seconds work: 10 seconds recovery for 8 rounds per set.

Tai Chi for Health: 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.

This program can be performed seated or standing and is open to all ability levels. The Seated class is an introductory course performed seated in a chair. Tai Chi Mix is a one-time class combining several forms of tai chi including seated and standing options.

Walk-It: 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.

Yoga for a Healthy Back: This yoga class is designed to reduce chronic back pain and fatigue through a series of stretching and strengthening exercises that target the postural muscles of the body.

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+Pilates Fusion: Using movements derived from both yoga and Pilates, this fusion program is built around a progressive series of exercises designed to increase strength, flexibility and balance of the entire body.

Aquatic Classes

Aquarobic: 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.

WaterWorks: The ideal class for those looking for a moderate aerobic workout (20 minutes, low to moderate intensity), with a greater focus on body movement, muscle conditioning, balance work and stretching.

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 (15 minutes prior for non-members). You will receive your "Splash Pass" upon registration of the workout. Passes will not be distributed after the start of class.

Power Cycling Classes

(Attention New Riders: Please arrive 15 minutes prior to class for bike set up/orientation.)

Cycle: 30/45/60: Offered in 30, 45 or 60-minute durations, 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.

Specialty Classes*

(*Classes denoted by an asterisk require pre-registration. Please see Specialty Class listings for more information.)

Aquarobic: A warm water, joint-safe exercise program using gentle movements to improve functionality.

Aquarobic: "Thanksgiving Day make-up classes will be held on Tuesday, December 10 at 10:00am and 1:00pm"

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

The Mixed Level class is designed to accommodate all fitness and ability levels. Participants in the Advanced class must be able to walk without assistance and get down/up off the floor with minimal assistance.

OhioHealth Ontario Health & Fitness Center  Group Exercise Class Schedule

Happy Holidays from OhioHealth!

Holiday Schedule

The following class schedule includes the Christmas & New Year holiday period. Please note that some classes will not be held due to facility hours and/or instructor availability. We apologize for any inconvenience caused and wish you a safe and happy holiday!

Coming in the New Year 2020...

40 Days of Fresh: January 20 – February 27, 2020

A 6-week lifestyle change support program.

Mondays 10:30-11:30am or 4:30-5:30pm (OHFC)

Thurdays 4:30-5:30pm (WPC)

Members: $15.00 OhioHealth Associates: $25.00 Non-Members: $30.00

Aqua Arthritis: January 7 – February 13, 2020

A warm water, joint-safe exercise program using gentle movements to ease pain and improve functionality.

Tuesdays & Thursdays 10:00-11:00am -OR- Tuesdays & Thursdays 1:00-2:00pm

Members: $25.00/6-weeks Non-Members: $50.00 6-weeks

Strive to Thrive: 12-Week Weight Loss Program

“Strive to Thrive” weight loss package includes the following services:

Pre/Post InBody Assessment Weekly Personal Training Sessions

Free Group Exercise Classes 40 Days of Fresh Support Program

Start your 12-week journey anytime in January of 2020

Strive to Thrive package available for purchase November 29, 2019 – January 31, 2020

Members: $149.00 OhioHealth Associates: $199.00 Non-Members: $249.00