

Beginner Workout Classes

Interested in trying something new?
Join these beginner workouts to mix
your workouts up!

Dates & Times:

Every Monday, 11:00 am - 11:45 am

March 4: Muscle Pump

March 11: Waterworks

March 18: Kickboxing

March 25: Pilates

April 1: Zumba

April 8: Step

April 15: Spin

April 22: Yoga

Contact Erica via phone at 513-243-9404 or e-mail:
erica.millender-stevens@ge.com for sign-ups or
questions.

GE Fitness Center

Managed by  TriHealth

