

Studio
Pool
Main

March/April 2024 Group Fitness

Monday	Aqua Fit 9:30 – 10:30 am Sue	Beginner Workout 11:00 – 11:45 am Erica	Bootcamp 11:45 – 12:30 am Sarah	Important Class Info! No Interval Class on Friday, March 29 th , 2024, at 5:30 p.m.	
Tuesday	Sunrise Spin 6:05 – 6:55 am Sue	Cardio Groove 9:15 – 10:15 am Erica	CardioKick 11:45 – 12:30 pm Erica	Pilates 5:30 – 6:30 pm Mary Lou	
Wednesday	Aqua Fit 9:30 – 10:30 am Sarah	Hatha Yoga 10:30 – 11:30 am Parmjit	Bootcamp 11:45 – 12:30 pm Mary	Spin-n-Tone 4:00 – 5:00 pm Sue	Zumba 5:30 – 6:30 pm Lynn
Thursday	Sunrise Spin 6:05 – 6:55 am Sue	Step It Up 9:15 – 10:15 am Erica	Pilates 11:00 – 11:45 am Tetyana	CardioPiYo 11:50 – 12:35 pm Tetyana	
Friday	Aqua Fit 9:30 – 10:30 am Juanita	Bootcamp 11:45 – 12:30 pm Sarah	Intervals 5:30 – 6:30 pm Lynn		



Free Swim Clinics on Saturdays
March 9th, 16th, & 23rd
 Signing up or questions? Contact Erica by
 phone 513-243-9404 or e-mail:
erica.millender-stevens@ge.com

Please take a minute to answer one
 question survey about our group classes.

Scan QR code to answer question.
 We would love your feedback!



Group Fitness Class Descriptions

Water Fitness

Aqua Fit: This is a low to moderate intensity, shallow water fitness class, that combines cardio, strength, and flexibility movements using a variety of interval training styles and equipment.

Freestyle Stroke clinics: Want to improve the quality of your stroke? Now taking sign-ups of all fitness levels, novice to advanced. This clinic is FREE (no cost) and open to all GE employees, spouses, dependents, and retirees.

Mind & Body

Pilates: A mat-based class designed to increase flexibility, strength, and control of the core muscles.

Hatha Yoga: Learn how to calm the mind, regain focus, and mentally live in serenity while taking your Yoga poses to the next level. Learn asanas through variations and sequences to keep yourself challenged.

Yin Yoga: Learn mindfulness through holding Yoga poses. This class will help you focus in on your energy fields.

VinYasa Flow Yoga: Combines gentle physical exercise and stretching with mindfulness.

Spinning

Sweet Rolls, Spin-n-tone and Sunrise Spin:

You will burn calories, get lean, increase lower body strength, and improve your cardiovascular endurance. This class incorporates aerobic endurance intervals, anaerobic threshold intervals, hills, strength, and speed play.

Total Body Conditioning

Strength: Enjoy working hard at building strength, endurance, and toning.

Intervals: This class is a total body workout that improves strength and cardiovascular fitness with timed periods of high-low workloads.

CardioPiYo: Get a great total body workout along with Pilates and Yoga training.

Bootcamp: This class will sculpt and strengthen your entire body, fast! It will challenge all your major muscle groups while you squat, press, lift and curl.

Tabata: Each interval only lasts four minutes...but those four minutes produce remarkable effects. The intervals: push hard for 20 seconds, rest for 10 seconds and repeat.

Cardio Fitness

Zumba: Ditch the workout, join the party! An exhilarating, effective, easy-to-follow, calorie-burning, Latin-inspired dance fitness party. No dance experience is required.

Step it Up: If you like step aerobics, this class is for you. You will experience 30 minutes of stepping, 15 minutes of Tabata (20 seconds high intensity, 10 second rest intervals) and 15 minutes of stretching.

Cardio Groove: Take a step back to choreographed cardio aerobics. Enjoy 30-40 minutes of major calorie burn followed by strengthening exercises for a total body blast!

CardioKick: Bring back the good old days of kickboxing to aerobic music. Take on 30 minutes of Kickboxing and 15 minutes of strength and stretching.

GE Fitness Center Hours:

Monday-Thursday 5:00am-8:00pm

Friday 5:00am-7:00pm

Saturday 8:00am-1:00pm

Check us out on the web:

<http://gefci.trihealth.com>

Note: Please inform the instructor if you are a new participant or if you have a medical condition that may affect your workout or requires special modification. Thank you and enjoy your class!