



September/October 2019

Questions?
 Contact Erica, 513-243-9404 or
Erica.millender-stevens@ge.com

Main Floor
Studio
Pool
GE Fitness Center
Managed by TriHealth

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Groove 9:15a-10:15a Marie	Spin 45 5:10a-5:55a Jill	Cardio Groove 9:15a-10:15a Erica	Spin 45 5:10a-5:55a Jill	Step 9:15a-10:15a Marie	Yin Yoga 8:15a-9:15a Juanita
Aqua Fit 9:30a-10:30a Sue	POWER Bootcamp 6:00a-6:30a Mary	Aqua fit 9:30a-10:30a Melissa	POWER Bootcamp 6:00a-6:30a Mary	Aqua Fit 9:30a-10:30a Kim	Spin Intervals 9:30a-10:30a Kathie
Barre 10:30a-11:30a Marie	Spin Core 11:00a-12:00p Lynne	Hatha Yoga 11:45a-12:45p Parmjit	Pilates 11:30a-12:30p Tetyana	Spinning 11:30a-12:30p Lynne	<p>Register now for September Freestyle swim clinics Free to all fitness center members!</p>
Spin -n-Tone 11:30a-12:30p Laura	HIIT 11:45a-12:30p Xavier	Intervals 11:45a-12:30p Xavier	HIIT 11:45a-12:30p Marie	Intervals 11:45a-12:30p Audra	
Bootcamp 11:45a-12:30p Cory	Pilates 5:30p-6:30p Mary Lou	Spin 45 4:15p-5:00p Laura	Yin Yoga 5:00p-6:00p Parmjit	Tabata 5:30p-6:30p Lynn	
Bootcamp 5:15p-6p Jessica		Zumba 5:30p-6:30p Ashley			

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-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.

Spinning

Spin-n-Tone, Spin Core and Spin N Stretch: Looking for the ultimate challenge? Class starts with 40 minutes of spinning, followed by 20 minutes of core and strength training. It will challenge your core strength and cardiovascular endurance.

Spinning, Spin Intervals and Spin 45: 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

HIIT: High Intensity Interval training is designed to make your muscles WORK! Challenge your muscles to the max—build strength, build endurance and tone up!

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

BARRE: This class will get your heart pumping with lots of workout variety. It includes sculpting of the arms, legs and core exercises.

POWER Bootcamp: This ultimate total body workout will improve strength and cardiovascular fitness using interval training, agility and plyometric training, and strength 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: 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!

GE Fitness Center Hours:

Monday-Thursday 5:00am-8:00pm, Friday 5:00am-7:00pm,
Saturday 8:00a-1:00pm

Check us out on the web: <http://geaefitness.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.