

Questions?

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celebratingpage.com

Main Floor  
 Studio  
 Pool

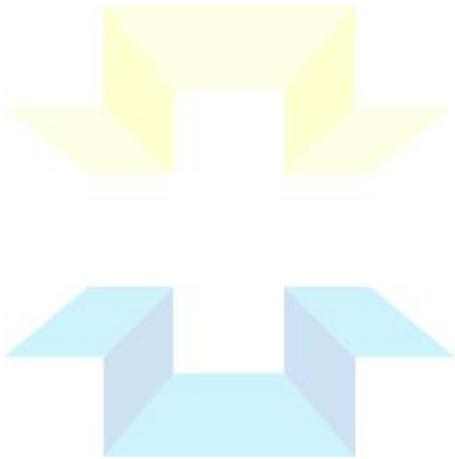
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cardio Groove</b> 9:15a-10:15a Marie	<b>SUNRISE SPIN</b> 5:15a-5:55a Jill	<b>Tone...Move</b> 9:15a-10:00a Erica	<b>SUNRISE SPIN</b> 5:10a-5:55a Jill	<b>Step</b> 9:15a-10a Marie	<b>BABY BACK YOGA</b> 8:15-9:15 TBD
<b>Aqua Circuit</b> 9:30a-10:30a Erica	<b>POWER FIT</b> 6:00a-6:30a Mary	<b>H2O FIT</b> 9:30a-10:30a Melissa	<b>POWER FIT</b> 6:00a-6:30a Mary	<b>Aqua 20/20/20</b> 9:30a-10:30a Kim	<b>SPIN INTERVALS</b> 9:30a-10:15a Kathie
<b>New Class Meet at the Barre</b> 10:30a-11:30a Marie	<b>SPIN CORE</b> 11:00a-12:00p Lynne	<b>ADVANCED HATHA Yoga</b> 11:45a-12:30p Bhargavi	<b>PILATES</b> 11:30a-12:30p Tetyana	<b>SPIN 45</b> 11:45a-12:30p Laura	
<b>SPIN BLAST</b> 11:30a-12:30p Laura	<b>Define</b> 11:45a-12:30p Xavier	<b>Intervals</b> 11:45a-12:30p Xavier	<b>CHISEL</b> 11:45a-12:30p Marie	<b>Cardio Circuit</b> 11:45a-12:30p Audra	<b>Pound demo class</b> <i>Thursday; 3/14</i> <i>@10:45a-11:15a</i> <i>Classes on main floor.</i>
<b>Bootcamp Express</b> 11:45a-12:30p Audra	<b>PILATES</b> 5:30p-6:30p Mary Lou	<b>HEART CYCLES</b> 4:15p-5:00p Laura	<b>YIN YOGA</b> (Will return in May)	<b>New Class TCIS</b> (Tabata, , Cardio, Interval, Strength) 5:30p-6:30p Lynn	Make some noise in this cardio jam session and unleash your Rockstar will cardio conditioning and strengthening you body.

<p><b>Tabata</b> 5:15p-6p Jessica</p>		<p><b>ZUMBA DANCE</b> 5:30p-6:30p Ashley</p>	<p>Sign up now for our March/April Group</p>		
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# March/April Group

## Fitness 2019

GE Fitness Center  
Managed by  TriHealth



# TriHealth

# Group Fitness Class Descriptions

## Water Fitness

**Aqua Circuit:** This is a high intensity, low impact water fitness class where the music tempo is set to the *fast* pace of 130 beats per minute. Experience cardio and muscle endurance intervals.

**H2O fit:** A moderate to high intensity water aerobics class that combines cardio, strength, and flexibility movements using a variety of interval training styles and equipment.

**Aqua 20/20/20:** Come experience this 20- minutes of cardio work, and 20 minutes toning and 20-minutes of stretching, in the water.

## Mind & Body

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

**Baby Back Yoga:** Learn how to strengthen your back muscles and relieve stress and tension through gentle stretching.

**Advanced 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 advanced 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

**Core Spin:** 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.

**The Spin Out, Spin Intervals, Spin Blast, Spin 45 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  
Definition**

**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.

your muscles to the max—build strength, build endurance and tone up!

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

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

**CHISEL:** 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/TCIS:** 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! The secret to success: go all out for those 20 seconds.

**Zumba Dance:** 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!

**POWER FIT:** This ultimate total body workout will improve strength and cardiovascular fitness using interval training, agility and plyometric training, and strength training.

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://geafitness.trihealth.com>