

March 2010


 at the Community Wellness Center
FITNESS CLUB
 A nonprofit ministry of the Sisters of Charity

401 Farrell Court • Cincinnati, OH 45233
 513.347.1400 • www.bayleypalace.org

FITNESS CLUB HOURS

Monday-Thursday 6:30a-9p
 Friday 6:30a-8p
 Saturday 7a-4p
 Sunday 11a-3p
 (Pool closes 15 minutes prior to facility)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GROUP FITNESS	8:30a Cardio Combo 9a <u>FAB</u> 15 11:15a Pietra Fitness: Gentle 1p Arthritis Exercise 6p Yoga Ball 7:05p Tai Chi	10a Pietra Fitness: Soft Flow 11:15a Pietra Fitness: Chair 1p Silver Sneakers <i>(Open to all Members)</i> 6p Pietra Fitness: Soft Flow 7:15 Cardio Kickboxing	9a <u>FAB</u> 15 9:30a Get On the Ball 10:30a A Morning Cup Of Yoga! 1p Arthritis Exercise 5:45 Cardio Kickboxing 6:45p Body Sculpt	6:05p Tai Chi 7:15p Zumba	8:30a Cardio Combo 9a <u>FAB</u> 15 9:30a Yolates 1p Silver Sneakers <i>(Open to all Members)</i> 5:45p Zumba	12:15p A Yoga Escape
WARM WATER POOL	3:30p Arthritis Harmony 5:30p Aqua Combo	8:25a Aqua Combo 9:30a Arthritis I 10:30a Arthritis II	3:30p Arthritis Harmony 5:30p Aqua Combo	8:25a Aqua Combo 9:30a Arthritis I 10:30a Arthritis II 3p Eldermount Aquatic Program	3:30p Arthritis Harmony	9:30a Aqua Combo 10:30a Gentle Joints
NEW CLASSES IN <u>BOLD!</u>						

Class Etiquette

- ⇒ Consult your physician before beginning any exercise program.
- ⇒ Wear proper attire and footwear.
- ⇒ Please check in with the instructor at each class for participation tracking purposes.
- ⇒ Be courteous to others and keep personal conversations to a minimum during class.
- ⇒ If you must enter a class late or leave early, take the necessary precautions for warm up and cool down.
- ⇒ **INDIVIDUAL WORKOUTS AND/OR WHIRLPOOL USE ARE NOT PERMITTED DURING SCHEDULED CLASSES.**

Please note the class schedule is modified periodically to address Member feedback, class popularity and participation level. Classes with low participation are subject to cancellation. If you enjoy a class, be part of its success by being consistent in your participation.

Classes are **FREE** for Fitness Club Members
 Classes are available to Non-Members! See Front Desk for details.

Facility Closing Due to Inclement Weather

Members should watch local television stations for closings or call 513.347.1400 before attempting to come to the Fitness Club. The voicemail will be updated with closing information. You may also register for our call service, see Front Desk for details.

PLEASE SEE REVERSE SIDE FOR CLASS DESCRIPTIONS.

CLASS DESCRIPTIONS

A Morning Cup of Yoga: Begin your day with a clear mind, invigorated body and renewed spirit. Our instructor skillfully guides you through gentle and effective yoga poses and movements, breathing practices and guided relaxation. This class is ideal for those wanting to increase their suppleness, strength, balance and coordination. Come wake up with us every Wednesday morning and see what this practice can do for you! All ability levels welcome.

A Yoga Escape: Begin your weekend with a renewed spirit. Ideal for those wanting to increase their suppleness, strength, balance and coordination. Allow yourself to be guided through gentle and effective yoga poses, breathing practices and guided relaxation. Can't get enough? Also try Wednesday's "A Cup of Morning Yoga".

Aqua Combo: (*Intermediate-Advanced*) A combo of high intensity cardiovascular and endurance exercises that include strength, toning, and stretching. (Monday & Wednesday-45 minute class)

The following classes are taught by Arthritis Foundation Aquatic Program certified instructors:

Arthritis I: (*Beginner*) a mild, warm water exercise class for the purpose of relieving stiffness and joint pain associated with arthritis.

Arthritis II: (*Intermediate-Advanced*) a warm water exercise class designed to improve joint flexibility, range of motion, and muscle strength. Participants must be able to perform 15-20 minutes of endurance work.

Arthritis Harmony: (*Beginner-Intermediate*) a warm water exercise class for the purpose of relieving stiffness and joint pain associated with arthritis. This class includes singing! Bring your choir voice!

Arthritis Foundation Exercise Program: (*Arthritis Exercise*) This is a land class to promote optimum joint flexibility, muscle strength, endurance, coordination and cardiovascular conditioning. These exercises will help you continue to perform everyday tasks with ease. Most of the exercises are performed while you are sitting. If you can't stand for long periods of time this class is for you. (45 minutes)

Body Sculpt: The name says it all! A series of full body exercises designed to tighten tone & sculpt muscles you didn't even know you had! As always, all levels welcome!

Cardio Combo: This is the ULTIMATE interval class. This class is geared to give you a Total Body Conditioning workout! We will focus on strength and muscular endurance. Bringing a towel and a water bottle is highly recommended. (30 minutes)

Cardio Kickboxing is aerobic exercise with a martial arts flare. This program will help you to lose weight, tone up your muscles and have fun. Beginner, intermediate and advanced students are welcome. The class combines cardio kickboxing, weight training and Latin Dance along with Power Abs and stretching.

Eldermount Aquatic Program: This program is for Eldermount participants. For more details please contact Jodi Mayhaus at 347.5535.

FAB 15: Join the fitness staff for 15 minutes of abdominal and low back exercises!

Gentle Joints: Gentle, warm water exercises to improve strength & flexibility without the stress on muscles & joints. Feel the freedom of decreased joint stiffness & soreness with the support of your instructor & fellow class participants!

Get On The Ball: A fun, alternative to dumbbells & weight machines that focuses a great deal on the core. This class will help foster body awareness, balance, good posture, and improves flexibility & agility.

Pietra Fitness: Pietra means "rock" in Italian, and foundations built on rock are the strongest. Pietra Fitness is a program designed to provide the strongest of foundations for your mental, physical, and spiritual health. Through various postures and breathing, bones are brought into alignment, and muscles are strengthened, stretched and relaxed. This process supplies oxygen to the blood helping to calm the nervous system, improve circulation, promote flexibility and release tension. Christian prayers and Scripture Passages feed the soul. Pietra Fitness is truly a holistic wellness approach to fitness, incorporating mind, body and soul.

Pietra Gentle: A wonderful class for beginners and those seeking a more relaxed practice, which includes restorative floor postures as well as some introduction to standing postures. Emphasis will be placed on reducing stress and tension and improving circulation. Come and enjoy a relaxing atmosphere with soothing music and gentle movements for any body!

Pietra Soft Flow: A soft, flowing class connecting breath with a balanced stream of stretching and strengthening postures that are connected in a gentle manner, easing into each pose. Modifications can be made to deepen or decrease intensity of each pose.

Pietra Chair: This class is practiced sitting in a chair or standing using a chair for support. It is for those who are not comfortable in a traditional class with mats because of age or any other physical limitations. It has been said that chair classes have helped people with the symptoms of many health issues including: high blood pressure, anxiety, chronic fatigue, arthritis, multiple sclerosis, Parkinson's and others.

SilverSneakers® Muscular Strength & Range of Movement: This class offers something for everyone, regardless of fitness level, and can help improve overall strength and flexibility - helping you stay healthy and independent. As in other SilverSneakers classes, the instructor guides you through the exercises at your own pace. (Open to all Members)

Tai Chi: Body and Mind in Harmony: An ancient Chinese way of exercise to achieve health and tranquility. Learn Tai Chi and improve balance, strength, memory, and flexibility and gait pattern.

Yoga Ball: This unique style integrates a combination of balance ball and Yoga exercises that develop & enhance body awareness, core strength, balance, strength & flexibility.

Yolates: The soothing relaxation and restorative aspects of yoga combined with the toning, conditioning and strengthening principles of Pilates to provide a total body workout- bringing greater awareness and balance to the body.

Zumba: The motto of Zumba is "Ditch the workout, join the party!" This is an upbeat, fun alternative to your traditional class! It's all about enjoying the movement and music – Salsa, Latin/Hip Hop, Meringue, Island Calypso, and more!