

JULY 2010

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)

HOLIDAY HOURS: JULY 4-CLOSED

JULY 5 8a-2p No classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
G R O U P F I T N E S S	8:30a Cardio Combo	7a Studio Cycling	8:30a Studio Cycling	12p Studio Cycling	8:30a Cardio Combo	8a Studio Cycling	
	9:15a <u>FAB</u> 15	10a Pietra Fitness: Soft Flow	9:30a Intro to Cycling	7:15p Zumba	9:15a <u>FAB</u> 15	12:15p A Yoga Escape	
	11:15a Pietra Fitness: Gentle	11:15a Pietra Fitness: Chair	9:15a <u>FAB</u> 15		9:30a Yolates		
	1p Arthritis Exercise	1p Silver Sneakers <i>(Open to all Members)</i>	9:30a Get On the Ball		1p Silver Sneakers <i>(Open to all Members)</i>		
	6p Yoga Ball		10:30a A Morning Cup Of Yoga!			SUNDAY	
	6p Studio Cycling	6p Pietra Fitness: Soft Flow	1p Arthritis Exercise		5:45p Zumba	11:30a Studio Cycling	
	7:05p Tai Chi	7:15 Cardio Kickboxing	6p Simply Yoga				
			6p Studio Cycling		<p>Don't forget to pick up a copy of the JULY Studio Cycle Schedule at the Front Desk!</p> <p><u>Reservations required for cycling classes.</u></p> <p>See Studio Cycling Schedule for Reservation Policy.</p>		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	P O O L	3:30p Arthritis Harmony	8:25a Aqua Combo	3:30p Arthritis Harmony	8:25a Aqua Combo	3:30p Arthritis Harmony	9a Parent/Child swim lessons (June 19-July 24)
5:30p Aqua Combo		9:30a Arthritis I	5:30p Aqua Combo	9:30a Arthritis I		9:35a Aqua Combo	
		10:30a Arthritis II		10:30a Arthritis II		10:35a Gentle Joints	
			3p Eldermount Aquatic Program				

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.

STUDIO CYCLING: *Reservations are required for Studio Cycling-See Studio Cycling Schedule for Reservation Policy. If you have not made a reservation and want to participate, check in at the Cycling Studio 5 minutes prior to class time, if there is a bike available, it's yours!

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)

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. (45 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 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)

Simply Yoga: "Traditional Yoga- A system of physical postures, poses, yoga breathing and some meditation. This is a full body workout utilizing the Hatha style Yoga to improve balance of mind and body- strengthening the body while reducing stress "

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!