



June



401 Farrell Court
Cincinnati, OH 45233
513-347-1400
www.BayleyLife.org

| Mild | | Moderate | | Group Exercise Schedule | | Elevated | Challenging |
|---|---|--|--|--|------------------------------|----------|-------------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | |
| | | Walkers 8:00-9:00a | | | | | |
| FUNFitness 8:40-9:40a | Shoulder & Knee 8:45-9:45 | Yogalates 8:45-9:45a | Shoulder & Knee 8:45-9:45 | Cardio Blast 8:30-9:30a | | | |
| | | Studio Cycling 9:15-9:45a | | | | | |
| Studio Cycling 10:00-10:30a | | Studio Cycling 10:00-10:30a | | Studio Cycling 10:00-10:30a | | | |
| SilverSneakers Classic 10:00-11:00a | Dance Aerobics Fitness Fun 10:15-11:15a | SilverSneakers Yoga 10:00-11:00a | Tai Chi—Advanced (*Intro Required) 10:00-11:00a | Meditative Movement 10:00-11:00a | | | |
| Chair Pilates+ 11:20a-12:20p | Total Body Workout 11:30a-12:30p | SilverSneakers Classic 11:30-12:30 | Tai Chi—Intermed (*Intro Required) 11:15a-12:15p | Chair Pilates+ 11:20-12:20 | Barre Above 11:15a-12:15p | | |
| Studio Cycling 11:30a-12p | Mat Pilates 1:00-2:00p (Library) | | | Mat Pilates 12:30-1:30 | | | |
| Arthritis Exercise 1:00-2:00p | Line Dancing 1:00-2:00p | Arthritis Exercise 1:00-2:00p | | | | | |
| Beginner Tai Chi (*Intro Required) 2:30-3:30 | BarreAbove Pilates 2:15-3:15p | Exercise/Boxing for Parkinson's 2:20-3:40p | | | | | |
| Exercise for Parkinson's 2:30-3:30p [Casa del Sol] | | | | | | | |
| | | Studio Cycling 4:15-5:00p | Walkers 4:30-5:30p | | | | |
| Core Plus 6:00-6:50p | | Core Plus 6:00-6:50p | Belly Dancing for Fitness 6:00-6:55p | | | | |
| | Med Ball Dynamics 6:00-6:55p | | | | | | |
| Cardio Strength Fusion 7:00-7:45p | Line Dancing 7:00-7:55p | | Boxing & Basic Self Defense 7:00-7:55p | | | | |

| Pool Schedule | | | | | |
|---------------------------------|---|---------------------------------|---|---------------------------------|----------------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Water Aerobics 8:45-9:45a | Silver Sneakers Splash 8:45-9:45a | Water Aerobics 8:45-9:45a | Silver Sneakers Splash 8:45-9:45a | Water Aerobics 8:45-9:45a | Aqua Array 9:30a-10:30a |
| Aqua Fit 10:10-11:05am | Arthritis 10:15-11:15a | Water Workout 10:15-11:15a | Arthritis 10:15-11:15a | Aqua Fit 10:10-11:05a | |
| Arthritis Harmony 2:45-3:45p | | Arthritis Harmony 2:45-3:45p | | Arthritis Harmony 2:45-3:45p | |
| | Aqua Dynamics 5:30-6:30p | | Aqua Dynamics 5:30-6:30p | | |

INDIVIDUAL WORKOUTS AND /OR WHIRLPOOL USE NOT PERMITTED DURING SCHEDULED CLASSES

| Fitness Club Hours | |
|---|----------------|
| Mon-Thurs | 6:30am-8:00pm |
| Friday | 6:30am-6:30pm |
| Saturday | 7:00am-3:30pm |
| Sunday | 10:30am-3:30pm |
| (Pool closes 15 mins. prior to facility) | |

All classes are available to all members.
Due to popularity of classes and to avoid
overcrowding class size is limited.
Registration for all classes is required!

Activity Level & Type of Bayley Fitness Classes

Here are basic guidelines to help you choose the right class.
Bayley Fitness Club classes are designated by **level** of activity and **type** of activity.

Levels of Activity: **Mild**, **Moderate**, **Elevated** and **Challenging**.

Type of Activity (one or more of the following):

Cardio [C], Strength [S], Flexibility [F], Mobility [M], Balance [B], Mind-Body [MB].

MILD: Light gentle activity. Talk easily while performing movements with relative ease. Water bottle is optional. Modifications are always available and encouraged.

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|---|---|--|
| <p>Beginner Tai Chi [Mon 2:30pm] [M, B, MB] "Sun Style" Tai Chi practice suitable for everyone, relaxing, gentle on joints. Instructor: Hal & Barb</p> | <p>Arthritis Exercise [Mon & Wed 1pm] [S, M, F, B] Seated and standing movements designed to maintain function, relieve stiffness and joint pain. Instructor: Maureen & Tina</p> | <p>Meditative Movement [Fri 10:00am] [F, M, B, MB] Practice meditative breathing through movement for centering & relaxation. Instructor: Maureen</p> |
| <p>Intermediate Tai Chi [Thur 11:15am] [M,B, MB] Various style/forms Tai Chi to enhance mind/body energy. (<i>Intro to Tai Chi Required</i>) Instructor: Hal</p> | <p>Aqua Arthritis [Tues & Thur 10:15am] [S, M, F] Mild, warm water exercises to help relieve arthritic stiffness & joint pain. Instructor: Linda H.</p> | <p>Arthritis Harmony [M, W & F 2:30pm] [M, F] Relieve stiffness & joint pain associated with arthritis with added bonus of singing! Instructor: Carol</p> |

MODERATE: Modest activity. Talk while performing movements some tiredness. Water bottle recommended. Modifications are always available and encouraged.

| | | |
|---|---|--|
| <p>Shoulder & Knee [Tue & Thur 8:45am] [S, F, M, B] Specific exercises for shoulder/knee issues to achieve/maintain healthy joints Instructor: Tom & Sheri</p> | <p>Advanced Tai Chi [Thur 10am] [M, B, MB] Advanced Tai Chi practice for improved movement and energy for daily living. (<i>Intro to Tai Chi Required</i>)</p> | <p>Boxing for Parkinson's [Wed 2:20pm] [C, S, B, M] Exercise is medicine helping to manage symptoms. Improves coordination/agility. Instructor: Maureen</p> |
| <p>Silver Sneakers Classic [Mon 10am & Wed 11:30am] [C, S, B] Seated & standing movement class using a variety of resistant equipment. Instructor: Caroline & Tina</p> | <p>Belly Dancing for Fitness [Thur 6pm] [S, C, B, M] Dancing with hip scarf/veil. Shimmy to Middle Eastern Music & tone muscles. Instructor: Lynn</p> | <p>Line Dancing [Tuesday 1:00 & 7:00pm] [C,M,B] Choreographed line dancing will challenge coordination and memory. Instructor: Lynn</p> |
| <p>Silver Sneakers Yoga [Wed 10am] [F, M, B, MB] Chair is offered to safely perform a variety of seated/standing postures. Instructor: Ray</p> | <p>Total Body Workout [Tue 11:30am] [S, F, M, B] Total body conditioning with use of chair, weights, mat and other props. Instructor: Ray</p> | <p>Yogalates [Wed 8:45am] [S, F, M, MB] A mat class blending Yoga & Pilates for improved posture and movement. Instructor: Mary</p> |
| <p>Water Workout [Wed 10:15am] [C, S, F, M] Warm water aerobic workout. Buoyancy enables stress free movement. Instructor: Mary</p> | <p>Walkers [Wed 8am, Thurs 4:30pm] [C, S, M, B] Walk with others for comradery and to improve cardio strength and endurance Instructor: Caroline & Members</p> | <p>Water Aerobics [M, W, F 8:45am] [C, S, F] Cardio exercises to improve flexibility, range of motion and muscle strength. Instructor: Gail</p> |

ELEVATED: Moderate breathlessness and muscle fatigue while performing movements. Water bottle recommended plus optional towel. Modifications are always available and encouraged.

| | | |
|---|--|--|
| <p>FUNFitness [Mon 8:40am] [S, F, M, B] Functional dynamic movements that supports daily activities. Instructor: Wendy</p> | <p>Mat Pilates [Tues 2:15pm & Fri 12:30am] [S,F,B,MB] Pilates mat work focus on core strength, spinal stabilization & mobility for easier movement. Instructor: Wendy</p> | <p>Barre Above [Sat 11:15am] [S, F, M, B] A full body workout fusing calisthenics, core and balance exercises. Instructor: Barb</p> |
| <p>Aqua Dynamics [Tue 5:30pm] High intensity interval training (HIIT) water workout for healthy heart and caloric burn. Instructor: Linda</p> | <p>Silver Sneakers Splash [Tue & Thur 8:45am] [C, S, F, B] Following the Silver Sneakers class format for range-of-motion, cardio & resistance training. Instructor: Tina</p> | <p>Aqua Fit [Mon & Wed 10:10am] [S, F, M, MB] Pilates based water exercise for toning, stability and posture improvement Instructor: Wendy</p> |
| <p>Core Plus [6:00pm] [S, F] Mat and standing core exercises with a mix of balance and strength training for increased muscle strength and tone. Hal</p> | <p>Dance Aerobics Fitness Fun [Tue 10:15 am & Wed 7pm] [C, M] Zumba-like dance class designed to benefit body and brain. Instructor: Barb</p> | <p>Med Ball Dynamics [Tues 6pm] [S, M, B] .Dynamic functional movement using a variety of equipment with focus on use of medicine balls. Instructor: Steven</p> |

CHALLENGING: Vigorous and/or intense activity. Breathless ("huff & puff") while performing movements and/or working muscles to certain fatigue. Water bottle recommended plus towel. Modifications are always available and encouraged.

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|---|--|---|
| <p>Cardio Strength Fusion [Mon 7pm] [C, S, F] A blend of exercises to improve heart health and tone muscles. Instructor: Hal</p> | <p>Cardio Blast [Fri 8:30am] [C, S, F, B] A low impact blend of aerobic and muscle conditioning exercises. Instructor: Tina</p> | <p>Boxing & Basic Self Defense [Thur 7pm] [C, S, F, M] Increase confidence & release stress, self paced, heart healthy. Instructor: John & Lynn</p> |
| <p>Chair Pilates+ [Mon & Fri 11:20am] [S,F,B,MB] Seated & standing format for core based Pilates exercises for abs, back & hips. Plus Barre work for balance & strength. Instructor: Wendy</p> | <p>Studio Cycling [M,W,F 10am] [Wed 4:15pm] [C] Group cycling class on stationary bike "travel" on flat roads, climb hills & sprint! Instructors: Ray & Maureen</p> | <p>Barre Above Pilates [Tues 2:15pm] [S, F, MB] Fusion class blends Pilates, barre & strength training, for better muscle definition and movement. Instructor: Wendy</p> |