



August



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 10:00-10:30a		Studio Cycling 9:30-9:45a		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
	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	Barre 7:00-7:45pm	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 10:10-11:10a	Arthritis 10:15-11:15a	Water Workout 10:15-11:15a	Arthritis 10:15-11:15a	Aqua Fit 10:10-11:10a	
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 <i>level</i> of activity and <i>type</i> of activity. <u>Levels of Activity:</u> Mild, Moderate, Elevated and Challenging. <u>Type of Activity</u> (one or more of the following): Cardio [C], Strength [S], Flexibility [F], Mobility [M], Balance [B], Mind-Body [MB].		
<u>MILD</u>: Light gentle activity. Talk easily while performing movements with relative ease. Water bottle is optional. Modifications are always available and encouraged.		
Beginner Tai Chi [Mon 2:30pm] [M, B, MB] “Sun Style” Tai Chi practice suitable for everyone, relaxing, gentle on joints. Instructor: Hal & Barb	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	Meditative Movement [Fri 10:00am] [F, M, B , MB] Practice meditative breathing through movement for centering & relaxation. Instructor: Maureen
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	Aqua Arthritis [Tues & Thur 10:15am] [S, M, F] Mild, warm water exercises to help relieve arthritic stiffness & joint pain. Instructor: Linda H.	Arthritis Harmony [M, W & F 2:30pm] [M, F] Relieve stiffness & joint pain associated with arthritis with added bonus of singing! Instructor: Carol
<u>MODERATE</u>: Modest activity. Talk while performing movements some tiredness. Water bottle recommended. Modifications are always available and encouraged.		
Shoulder & Knee [Tue & Thur 8:45am] [S, F, M, B] Specific exercises for shoulder/knee issues to achieve/maintain healthy joints Instructor: Tom & Sheri	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>	Boxing for Parkinson’s [Wed 2:20pm] [C, S, B, M] Exercise is medicine helping to manage symptoms. Improves coordination/agility. Instructor: Maureen
Silver Sneakers Classic [Mon 10am & Wed 11:30am] [C, S, B] Seated & standing movement class using a variety of resistant equipment. Instructor: Caroline & Tina	Belly Dancing for Fitness [Thur 6pm] [S, C, B, M] Dancing with hip scarf/veil. Shimmy to Middle Eastern Music & tone muscles. Instructor: Lynn	.Line Dancing [Tuesday 1:00 & 7:00pm] [C,M,B] Choreographed line dancing will challenge coordination and memory. Instructor: Lynn
Silver Sneakers Yoga [Wed 10am] [F, M, B, MB] Chair is offered to safely perform a variety of seated/standing postures. Instructor: Ray	Total Body Workout [Tue 11:30am] [S, F, M, B] Total body conditioning with use of chair, weights, mat and other props. Instructor: Ray	Yogalates [Wed 8:45am] [S, F, M, MB] A mat class blending Yoga & Pilates for improved posture and movement. Instructor: Mary
Water Workout [Wed 10:15am] [C, S, F, M] Warm water aerobic workout. Buoyancy enables stress free movement. Instructor: Mary	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	Water Aerobics [M, W, F 8:45am] [C, S, F] Cardio exercises to improve flexibility, range of motion and muscle strength. Instructor: Gail
<u>ELEVATED</u>: Moderate breathlessness and muscle fatigue while performing movements. Water bottle recommended plus optional towel. Modifications are always available and encouraged.		
FUNFitness [Mon 8:40am] [S, F, M, B] Functional dynamic movements that supports daily activities. Instructor: Wendy	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	Barre Above [Sat 11:15am] [S, F, M, B] A full body workout fusing calisthenics ,core and balance exercises. Instructor: Barb & Debbie
Aqua Dynamics [Tue 5:30pm] High intensity interval training (HIIT) water workout for healthy heart and caloric burn. Instructor: Linda	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	Aqua Fit [Mom & Wed 10:10am] [S, F, M, MB] Pilates based water exercise for toning, stability and posture improvement Instructor: Wendy
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	.Dance Aerobics Fitness Fun [Tue 10:15 am & Wed 7pm] [C, M] Zumba-like dance class designed to benefit body and brain. Instructor: Barb	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
<u>CHALLENGING</u>: 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.		
Cardio Strength Fusion [Mon 7pm] [C, S, F] A blend of exercises to improve heart health and tone muscles. Instructor: Hal	Cardio Blast [Fri 8:30am] [C, S, F, B] A low impact blend of aerobic and muscle conditioning exercises. Instructor: Tina	Boxing & Basic Self Defense [Thur 7pm] [C, S, F, M] Increase confidence & release stress, self paced, heart healthy. Instructor: John & Lynn
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	.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	Barre Above Pilates [Tues 2:15pm] [S, F, MB] Fusion class blends Pilates, barre & strength training, for better muscle definition and movement. Instructor: Wendy