



March 2025

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

Group Exercise Schedule

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 8:40-9:40a	
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	Cardio Strength 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 (in Library) 12:30-1:30				Mat Pilates 12:30-1:30	
Arthritis Exercise 1:00-2:00p	Line Dancing 1:00-2:00p	Arthritis Exercise 1:00-2:00p			
New! Intro to Tai Chi (Begins 2/17) 2:30-3:30p		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			
Waist Management 6:00-6:45p	Barre Above 6:00-7:00p	Waist Management 6:00-6:45p	Belly Dancing for Fitness 6:00-7:00p		
			Walkers 6:15-7:00p		
Cardio Strength Fusion 7:00-7:45p	Line Dancing 7:15-8:15		Boxing & Basic Self Defense 7:15-8:15p		

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-8:30pm
Friday 6:30am-8:00pm
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 activity. Talk easily while performing movements with relative ease. Water bottle is optional. Modifications are always available and encouraged.

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

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

<p style="text-align: center;">Shoulder & Knee [Tue & Thur 8:45am]</p> <p>[S, F, M, B] Specific exercises for shoulder/knee issues to achieve/maintain healthy joints</p>	<p style="text-align: center;">Advanced Tai Chi <i>(Intro to Tai Chi Required)</i> [Thur 10am]</p> <p>[M, B, MB] Advanced Tai Chi practice for improved movement and energy for daily living.</p>	<p style="text-align: center;">Boxing for Parkinson's [Wed 2:20pm]</p> <p>[C, S, B, M] Exercise is medicine helping to manage symptoms. Improves coordination/agility.</p>
<p style="text-align: center;">SilverSneakers Classic [Mon 10am & Wed 11:30am]</p> <p>[C, S, B] Seated & standing movement class using a variety of resistant equipment.</p>	<p style="text-align: center;">Belly Dancing for Fitness [Thur 6pm]</p> <p>[S, C, B, M] Dancing with hip scarf/veil. Shimmy to Middle Eastern Music & tone muscles.</p>	<p style="text-align: center;">Line Dancing [Tuesday 1:00 & 7:15pm]</p> <p>[C,M,B] Choreographed line dancing will challenge coordination and memory.</p>
<p style="text-align: center;">SilverSneakers Yoga [Wed 10am]</p> <p>[F, M, B, MB] Chair is offered to safely perform a variety of seated/standing postures.</p>	<p style="text-align: center;">Total Body Workout [Tue 11:30am]</p> <p>[S, F, M, B] Total body conditioning with use of chair, weights, mat and other props.</p>	<p style="text-align: center;">Yogalates [Wed 8:45am]</p> <p>[S, F, M, MB] A mat class blending Yoga & Pilates for improved posture and movement.</p>
<p style="text-align: center;">Water Workout [Wed 10:15am]</p> <p>[C, S, F, M] Warm water aerobic workout. Buoyancy enables stress free movement</p>		

ELEVATED: Some breathlessness while performing movements and/or working muscle to measured fatigue. Water bottle recommended plus optional towel. Modifications are always available and encouraged.

<p style="text-align: center;">FUNFitness [Mon 8:30am]</p> <p>[S, F, M, B] Functional dynamic movements that supports daily activities.</p>	<p style="text-align: center;">Cardio Blast [Fri 8:30am]</p> <p>[C, S, F, B] A low impact blend of aerobic and muscle conditioning exercises.</p>	<p style="text-align: center;">Barre Above [Tue 6p, Sat 11:15am]</p> <p>[S, F, M, B] A full body workout fusing calisthenics ,core and balance exercises.</p>
<p style="text-align: center;">Water Aerobics [M, W, F 8:45am]</p> <p>[C, S, F] Cardio exercises to improve flexibility, range of motion and muscle strength.</p>	<p style="text-align: center;">Silver Sneakers Splash [Tue & Thur 8:45am]</p> <p>[C, S, F, B] Following the Silver Sneakers class format for range-of-motion, cardio & resistance training.</p>	<p style="text-align: center;">Aqua Fit [Mom & Wed 10:10am]</p> <p>[S, F, M, MB] Pilates based water exercise for toning, stability and posture improvement</p>
<p style="text-align: center;">Waist Management [Mon & Wed 6:00pm]</p> <p>[S, F] Mix of challenging core exercises aimed to increase strength and stability.</p>	<p style="text-align: center;">Dance Aerobics Fitness Fun [Tue 10:15 am]</p> <p>[C, M] Zumba-like dance class designed to benefit body and brain.</p>	

CHALLENGING: Vigorous 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.

<p style="text-align: center;">Cardio Strength Fusion [Mon 7pm] [Sat 10am]</p> <p>[C, S, F] A blend of exercises to improve heart health and tone muscles.</p>	<p style="text-align: center;">Studio Cycling [M,W,F 10am] [Wed 4:15pm]</p> <p>[C] Group cycling class on stationary bike "travel" on flat roads, climb hills & sprint!</p>	<p style="text-align: center;">Boxing & Basic Self Defense [Thur 7:15pm]</p> <p>[C, S, F, M] Increase confidence & release stress, self paced, heart healthy</p>
<p style="text-align: center;">Chair Pilates+ [Mon & Fri 11:20am]</p> <p>[S,F,B,MB] Seated & standing format for core based Pilates exercises for abs, back & hips. Plus Barre work for balance & strength.</p>	<p style="text-align: center;">Aqua Dynamics [Tue & Thurs 5:30pm]</p> <p>High intensity interval training (HIIT) water workout for healthy heart and caloric burn.</p>	<p style="text-align: center;">Mat Pilates [Mon & Fri 12:30am]</p> <p>[S,F,B,MB] Pilates mat work focus on core strength, spinal stabilization & mobility for easier movement and leaner look.</p>