



Group Fitness Schedule- UVMC/Premier Health Branch- Fall | 2024
Multi-Purpose Gym @ UVMC Premier Health Branch

230 W. High St.
 PIQUA, OH 45356
 (937) 773-9622

September 2nd - October 19th

	MON	TUE	WED	THU	FRI	SAT	SUN
9am	Silver Sneakers Circuit 9:30am - 10:15am	Silver Sneaker Classic 9am - 9:45am	Silver Sneakers Circuit 9:30am - 10:15am	Silver Sneaker Classic 9am - 9:45am			
10am	Silver Sneakers Yoga 10:20am - 10:55am		Silver Sneakers Yoga 10:20am - 10:55am		Silver Sneakers Circuit 10am - 10:45am		
12pm	H.I.I.T. 12:10pm - 12:50pm		H.I.I.T. 12:10pm - 12:50pm		H.I.I.T. 12:10pm - 12:50pm		
6pm	H.I.I.T. 6:35pm - 7:20pm		H.I.I.T. 6:35pm - 7:20pm				



Group Fitness Schedule- UVMC/Premier Health Branch- Fall | 2024
Cycling Room @ UVMC Premier Health Branch

230 W. High St.
 PIQUA, OH 45356
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September 2nd - October 19th

	MON	TUE	WED	THU	FRI	SAT	SUN
8am						Y Cycling 8am - 9am	
9am		Y Cycling 9am - 9:45am		Y Cycling 9am - 9:45am			
12pm		Y Cycling 12:10pm - 12:55pm		Y Cycling 12:10pm - 12:55pm			
5pm	Y Cycling 5:30pm - 6:15pm			Y Cycling 5:30pm - 6:15pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

H.I.I.T. - An exercise strategy that is intended to improve performance with short training sessions. HIIT is a form of cardio which is beneficial to burning fat in a short and intense workout.

Silver Sneaker Classic - A variety of exercise designed to increase muscular strength, range of motion, and activity for daily living skills.

Silver Sneakers Circuit - Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

Silver Sneakers Yoga - YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement.

Kettlebell Conditioning 101 - Kettlebells require whole-body movements that will give you a much more productive workout. By incorporating these useful tools in your workout, you will build strength, prevent injury, and improve aerobic power and overall physical fitness.

Tabata - A Tabata is a four minute training session which consists of eight intervals of exercises at a very high intensity for 20 seconds and then resting for 10 seconds. The types of exercises will be both cardio and strength training.

Y Cycling - Non-impact program integrating music, motivation and a cardiovascular workout!



Group Fitness Schedule- UVMC/Premier Health Branch- Fall I 2024
Multipurpose Room @ UVMC Premier Health Branch
 September 2nd - October 19th

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	MON	TUE	WED	THU	FRI	SAT	SUN
6am		Total BodyFlex & Strength 6am - 6:45am		Total BodyFlex & Strength 6am - 6:45am			
9am	Cardio Fusion 9:30am - 10:30am		Cardio Fusion 9:30am - 10:30am		Cardio Fusion 9:30am - 10:30am		
10am		Pilates Plus Yoga 10am - 10:45am		Pilates Plus Yoga 10am - 10:45am			
11am		Silver Sneaker EnerChi 11:30am - 12:15pm		Silver Sneaker EnerChi 11:30am - 12:15pm			
12pm		Silver Sneaker EnerChi 12:15pm - 1pm		Silver Sneaker EnerChi 12:15pm - 1pm			
4pm	Barre 4:15pm - 5:15pm	Pilates Plus Yoga 4:30pm - 5:15pm	Barre 4:15pm - 5:15pm	Pilates Plus Yoga 4:30pm - 5:15pm			
5pm	MIX FIT 5:30pm - 6:15pm	Total BodyFlex & Strength 5:30pm - 6:15pm	MIX FIT 5:30pm - 6:15pm	Total BodyFlex & Strength 5:30pm - 6:15pm			



Group Fitness Schedule- UVMC/Premier Health Branch- Fall I 2024
Group Fitness (TRX) Room @ UVMC Premier Health Branch
 September 2nd - October 19th

230 W. High St.
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	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Tabata 5:45am - 6:30am		Tabata 5:45am - 6:30am				
4pm		Kettlebell Conditioning 101 4:30pm - 5:15pm		Kettlebell Conditioning 101 4:30pm - 5:15pm			

Barre - Ballet Barre based workouts are the newest trend for toning and shaping the body. Barre classes can be a great way to build up core strength, sculpt the lower body, or just break up a training rut.

Cardio Fusion - This class is packed with cardio, (including floor aerobics, step aerobics, zumba, and batuka) weights, core work, and stretching. Perfect for all fitness levels.

MIX FIT - No two classes are exactly the same!! Looking to vary the focus of your workout class, then this class is for you! Great for the beginner exerciser and for those looking for a gentler workout class.

Pilates Plus Yoga - This is a mind and body conditioning class that combines flexibility, strengthening, and balance in one class! Pilates will strengthen your core, elongate your muscles and increase your overall balance and flexibility.

Silver Sneaker EnerChi - This class incorporates tai chi and qigong principles to improve physical and mental well-being. SilverSneakers EnerChi introduces modified tai chi forms. Linking forms together in a guided flow to increase strength and vitality.

Total BodyFlex & Strength - Strength training is the foundation for optimizing body composition and health. This class utilizes dumbbells, medicine balls, resistance bands and body-weight exercises to promote total body strength and muscle endurance.