



Group Fitness Schedule - Piqua Branch Summer 2022
Multipurpose Room @ Piqua Branch
 June 20th - August 6th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
8am	Cardio Fusion Shelia F 8:15am - 9:15am	Cardio Fusion Shelia F 8:15am - 9:15am	Cardio Fusion Shelia F 8:15am - 9:15am		Cardio Fusion Shelia F 8:15am - 9:15am		
9am	Silver Sneakers Circuit Heather S 9:30am - 10:15am	Silver Sneaker Classic Sue P 9am - 9:45am	Silver Sneakers Circuit Heather S 9:30am - 10:15am	Silver Sneaker Classic Sue P 9am - 9:45am			
10am	Silver Sneakers Yoga Heather S 10:15am - 10:50am	Pilates Plus Yoga Sue P 10am - 10:45am	Silver Sneakers Yoga Heather S 10:15am - 10:50am	Pilates Plus Yoga Sue P 10am - 10:45am	Silver Sneakers Circuit Heather S 10am - 10:45am		
12pm		Silver Sneaker EnerChi Deb G 12pm - 12:50pm		Silver Sneaker EnerChi Deb G 12pm - 12:50pm			
4pm	Barre Brandy U 4:15pm - 5:15pm		Barre Brandy U 4:15pm - 5:15pm				
5pm		Total Body Sculpt Melissa S 5:30pm - 6:15pm		Total Body Sculpt Melissa S 5:30pm - 6:15pm			
7pm		Yoga Flow Heather S 7:15pm - 8pm					

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.

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.

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

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.

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.

Total Body Sculpt - Maximize your body's fat burning potential by adding strength training to your routine. Burn calories and increase lean muscle mass. Participants are encouraged to lift heavy

Yoga Flow - A perfect way to end the day in this gentle Yoga-based practice that will help relax the body.



Group Fitness Schedule - Piqua Branch Summer 2022
Third Floor Gym @ Piqua Branch
 June 20th - August 6th

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	MON	TUE	WED	THU	FRI	SAT	SUN
12pm	H.I.I.T. Heather S 12:10pm - 12:50pm		H.I.I.T. Heather S 12:10pm - 12:50pm		H.I.I.T. Heather S 12:10pm - 12:50pm		
6pm	H.I.I.T. Josh W 6:35pm - 7:20pm		H.I.I.T. Josh W 6:35pm - 7:20pm				



Group Fitness Schedule - Piqua Branch Summer 2022
Cycling Room @ Piqua Branch
 June 20th - August 6th

223 W. High St.
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	MON	TUE	WED	THU	FRI	SAT	SUN
6am		Y Cycling Randy B. 6am - 6:45am		Y Cycling Randy B. 6am - 6:45am			
8am							
12pm		Y Cycling Wade W 12:10pm - 12:55pm		Y Cycling Wade W 12:10pm - 12:55pm		Y Cycling Wade W 8am - 9am	



Group Fitness Schedule - Piqua Branch Summer 2022
Warrior Room @ Piqua Branch
 June 20th - August 6th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
4pm		Warrior Fitness Dasch U 4:30pm - 5:15pm		Warrior Fitness Dasch U 4:30pm - 5:15pm			

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.

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

Warrior Fitness - In this class participants will utilize the equipment in the Warrior Room: TRX, Warrior Ropes, Kettlebells, Dumbbells, Plyo boxes, VPR logs and Medicine balls will be used to work on functional strength.