



Group Fitness Schedule - Piqua Branch-Winter | 2021
Multipurpose Room @ Piqua Branch
 January 4th - February 20th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
6am			Total Body Sculpt Kelly E 6am - 6:45am	Y Cycling Randy B. 6am - 6:45am			
8am		Y Cycling Scott B 8am - 8:45am		Y Cycling Scott B 8am - 8:45am		Y Cycling Wade W 8am - 9am	
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		MIX FIT Instructor Varies 9:15am - 10:15am	
10am	Silver Sneakers Yoga Heather S 10:15am - 10:50am	Silver Sneaker EnerChi Deb G 10am - 10:50am	Silver Sneakers Yoga Heather S 10:15am - 10:50am	Silver Sneaker EnerChi Deb G 10am - 10:50am	Silver Sneakers Circuit Heather S 10am - 10:45am		
11am		Pilates Plus Yoga Sue P 11am - 11:45am		Pilates Plus Yoga Sue P 11am - 11:45am			
12pm		Y Cycling Wade W 12:10pm - 12:55pm		Y Cycling Wade W 12:10pm - 12:55pm			
4pm	Barre Brandy U 4:15pm - 5pm	Pilates Plus Yoga Heather S 4:30pm - 5:15pm	Barre Brandy U 4:15pm - 5pm	Pilates Plus Yoga Heather S 4:30pm - 5:15pm			
5pm	MIX FIT Shelly U 5:30pm - 6:15pm	Spin & Lift Lorie S 5:30pm - 6:30pm	MIX FIT Shelly U 5:30pm - 6:15pm	Spin & Lift Lorie S 5:30pm - 6:30pm			
6pm			Zumba Miranda J 6:30pm - 7:30pm				

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.



Class Descriptions Piqua Branch

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

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.

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 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.

Spin & Lift - Cardio, strength & conditioning in one class. Intervals of cycling for aerobic conditioning combined with strength training to build muscle targeting the arms, legs & core.

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

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

Zumba - ZUMBA routines feature aerobic fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. You do not need to know how to dance.

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.

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.



Group Fitness Schedule - Piqua Branch-Winter I 2021 Third Floor Gym @ Piqua Branch January 4th - February 20th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
9am	Cardio Fusion Shelia F 9am - 10am		Cardio Fusion Shelia F 9am - 10am		Cardio Fusion Shelia F 9am - 10am		
12pm	H.I.I.T. Heather S 12pm - 12:50pm		H.I.I.T. Heather S 12pm - 12:50pm		H.I.I.T. Heather S 12pm - 12:50pm		
6pm	H.I.I.T. Josh W 6:35pm - 7:20pm		H.I.I.T. Josh W 6:35pm - 7:20pm				