



Group Fitness Schedule- Summer 2005
Multi-Purpose Gym @ UVMC Premier Health Branch
 June 23rd - August 10th

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

	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				

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.



Group Fitness Schedule- Summer 2005
Cycling Room @ UVMC Premier Health Branch
 June 23rd - August 10th

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

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



Class Descriptions
UVMC Premier Health Branch

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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.

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



Group Fitness Schedule- Summer 2005
Multipurpose Room @ UPMC Premier Health Branch
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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	Barre 11am - 11:45am		Barre 11am - 11:45am				
12pm	Parkinson's Wellness Program 12pm - 1pm		Parkinson's Wellness Program 12pm - 1pm				
4pm	Barre 4:15pm - 5:15pm		Barre 4:15pm - 5:15pm				
5pm		Total BodyFlex & Strength 5:30pm - 6:15pm		Total BodyFlex & Strength 5:30pm - 6:15pm			
6pm	Swim Team Conditioning 6:30pm - 7:15pm		Swim Team Conditioning 6:30pm - 7:15pm				
7pm	Yoga 7:30pm - 8:30pm		Yoga 7:30pm - 8:30pm				

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Group Fitness Schedule- Summer 2005
Group Fitness (TRX) Room @ UPMC Premier Health Branch
June 23rd - August 10th

230 W. High St.
PIQUA, OH 45356
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	MON	TUE	WED	THU	FRI	SAT	SUN
4pm		Kettlebell Conditioning 101 4:30pm - 5:15pm		Kettlebell Conditioning 101 4:30pm - 5:15pm			
6pm	Aikido 6:30pm - 8:30pm	Judo-Jujitsu 6:30pm - 8:30pm	Aikido 6:30pm - 8:30pm	Judo-Jujitsu 6:30pm - 8:30pm			

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Class Descriptions

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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.

Parkinson's Wellness Program - If you have Parkinson's disease, you may find this unique exercise program to be a life-changer, as many have described it. The program is based on evidence that indicates that structured exercise can retrain your mind and body to keep you in control

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.

Swim Team Conditioning - Dryland Conditioning for Miami County YMCA Swim team

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.

Yoga - The benefits of Yoga include better balance, greater flexibility, improved digestion and circulation, increased physical strength, and reduced stress.

Aikido - Aikido, a Japanese form of self defense that offers a unique approach to conflict resolution and personal development. Aikido uses the attackers own energy against them, thus making it an art of timing and finesse rather than raw physical power.

Judo-Jujitsu - Judo-Jujitsu techniques help people build strength, flexibility, agility, speed, dynamic and static balance, explosive power, and endurance.

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.