



**Group Fitness Schedule - UVMC/Premier Health Branch- Fall II 2024**  
**Multipurpose Room @ UVMC Premier Health Branch**

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

October 28th - December 15th

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



**Group Fitness Schedule - UVMC/Premier Health Branch- Fall II 2024**  
**Group Fitness (TRX) Room @ UVMC Premier Health Branch**

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

October 28th - December 15th

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Tabata</b> 5:45am - 6:30am		<b>Tabata</b> 5:45am - 6:30am				
4pm		<b>Kettlebell Conditioning 101</b> 4:30pm - 5:15pm		<b>Kettlebell Conditioning 101</b> 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.



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

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

October 28th - December 15th

	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 II 2024**  
**Cycling Room @ UVMC Premier Health Branch**

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

October 28th - December 15th

	MON	TUE	WED	THU	FRI	SAT	SUN
6am		Y Cycling 6am - 6:45am		Y Cycling 6am - 6:45am			
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.