



Group Fitness Schedule -UVMC/Premier Health Branch-Winter I
Multipurpose Room @ UVMC Premier Health Branch
 January 6th - February 23rd

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

	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	MIX FIT 9:15am - 10am	
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	Parkinson's Wellness Program 12pm - 1pm	Silver Sneaker EnerChi 12:15pm - 1pm	Parkinson's Wellness Program 12pm - 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			
7pm	Yoga 7:30pm - 8:30pm						

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.



Group Fitness Schedule -UVMC/Premier Health Branch-Winter I
Group Fitness (TRX) Room @ UVMC Premier Health Branch
 January 6th - February 23rd

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Tabata 5:45am - 6:30am		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			
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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Group Fitness Schedule -UVMC/Premier Health Branch-Winter I
Multi-Purpose Gym @ UVMC Premier Health Branch
 January 6th - February 23rd

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				

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Group Fitness Schedule -UVMC/Premier Health Branch-Winter I
Cycling Room @ UVMC Premier Health Branch
 January 6th - February 23rd

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	
9am		Y Cycling 9am - 9:45am		Y Cycling 9am - 9:45am			
12pm		Y Cycling 12:10pm - 12:55pm		Y Cycling 12:10pm - 12:55pm			
1pm							
5pm	Spin & Sculpt 5:30pm - 6:30pm		Spin & Sculpt 5:30pm - 6:30pm				
6pm		Y Cycling 6pm - 6:45pm		Y Cycling 6pm - 6:45pm			Spin & Sculpt 1:30pm - 2:30pm

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Class Descriptions

UVMC Premier Health Branch

230 W. High St.
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Aikido - Aikido, a Japanese form of self defense that offers a unique approach to conflict resolution and personal development. Aikido uses the attacker's 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.

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.

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.

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.

Silver Sneaker EnerChi - This class incorporates tai chi and qigong principles to improve physical and mental well-being. Silver Sneakers 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.

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

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.

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

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