

Registration for all classes is required!

All classes are available to attend. Due to popularity of classes and to avoid overcrowding class size is limited.

- **Sign ups** for classes will open 72 hours before each class starts.
- **Waitlist:** if a position opens and you are next on the waitlist, you will be automatically enrolled in the class and notified accordingly.
- **IF YOU CAN NO LONGER ATTEND THE CLASS, IT IS IMPERATIVE THAT YOU TAKE YOUR NAME OFF OF THAT CLASS LIST.**

Tips For Choosing The Right Fitness Class

Choosing a fitness class isn't just about fitting it into your schedule; it's also about finding something you genuinely enjoy and look forward to rather than a chore.

- **Consider your fitness level and experience.** Begin with a gentler class to lower injury risk, then progress to more challenging options as your confidence grows.
- **Clarify your fitness goals.** Decide whether you want to focus on overall fitness, cardio health, strength, balance, or another specific need, since classes vary by purpose.
- **Check the class size.** Smaller classes often allow for more personalized feedback, while larger groups may provide less individual guidance.
- **Talk with instructors.** They can recommend classes that match your abilities and goals.
- **Ask for recommendations.** Friends or classmates can share helpful experiences and suggest options you may not have considered.

Fitness Club Hours

Mon-Thurs 6:30am-8:00pm
Friday 6:30am-6:30pm
Saturday 7:00am-3:30pm
Sunday 10:30am-3:30pm

(Pool closes 15 mins. prior to facility)



October

401 Farrell Court
Cincinnati, OH 45233
513-347-1400
www.BayleyLife.org

Group Exercise Schedule					
Mild	Moderate		Elevated	Challenging	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Walkers 8:00-9:00a			
FUNFitness 8:30-9:30a	Shoulder & Knee 8:45-9:45	Yogalates 8:45-9:45a	Shoulder & Knee 8:45-9:45	Cardio Blast 8:30-9:30a	
Studio Cycling 10:00-10:30a		Studio Cycling 9:30-9:45a		Studio Cycling 10:00-10:30a	
SilverSneakers Classic 10:00-11:00a	SilverSneakers Yoga (new time) 10:15-11:15a		Tai Chi— Advanced (*Intro Required) 10:00-11:00a	Meditative Movement 10:00-11:00a	
Chair Pilates+ 11:20a-12:20p		Chair Parkinson's 11:00-11:45am @La Casa	Zumba (NEW) 11:00a-12:00p @La Casa		Barre Above 11:15a-12:15p
	Total Body Workout 11:30a-12:30p	SilverSneakers Classic 11:30a-12:30p	Tai Chi—Intermed (*Intro Required) 11:15a-12:15p	Chair Pilates+ 11:20-12:20	
			Parkinson's HIT 12:00-12:45pm 9/3-10/8	Mat Pilates 12:30-1:30	
Arthritis Exercise 1:00-2:00p	Mat Pilates 1:00-2:00p	Arthritis Exercise 1:00-2:00p	CB Moves for Parkinson's 1:00-2:15p Begins 9/24-11/12 @La Casa		
	Line Dancing 1:00-2:00p (Library)				
Beginner Tai Chi (*Intro Required) 2:30-3:30	BarreAbove Pilates 2:15-3:15p	Exercise/Boxing for Parkinson's 2:20-3:40p			
Exercise for Parkinson's 2:30-3:30p @La Casa					
		Studio Cycling 4:15-5:00p	Walkers 4:30-5:30p		
Core Plus 6:00-6:50p		Core Plus 6:00-6:50p	Belly Dancing for Fitness 6:00-6:55p		
	Med Ball Dynamics 6:00-6:55p				
Cardio Strength Fusion 7:00-7:45p	Line Dancing 7:00-7:55p	Barre 7:00-7:45pm	Boxing & Basic Self Defense 7:00-7:55p		

Pool Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Aerobics 8:45-9:45a	Silver Sneakers Splash 8:45-9:45a	Water Aerobics 8:45-9:45a	Silver Sneakers Splash 8:45-9:45a	Water Aerobics 8:45-9:45a	Aqua Array 9:30a-10:30a
Aqua Fit 10:00-11:00pm	Arthritis 10:15-11:15a	Water Workout 10:15-11:15a	Arthritis 10:15-11:15a	Aqua Fit 10:10-11:10a	
Arthritis Harmony 2:45-3:45p		Arthritis Harmony 2:45-3:45p		Arthritis Harmony 2:45-3:45p	
	Aqua Dynamics 5:30-6:30p		Aqua Dynamics 5:30-6:30p		

INDIVIDUAL WORKOUTS AND /OR WHIRLPOOL USE NOT PERMITTED DURING SCHEDULED CLASSES

Activity Level & Type of Bayley Fitness Classes
Here are basic guidelines to help you choose the right class. Bayley Fitness Club classes are designated by <u>level</u> of activity and <u>type</u> of activity. <u>Levels of Activity:</u> Mild , Moderate , Elevated and Challenging . <u>Type of Activity</u> (one or more of the following): Cardio [C], Strength [S], Flexibility [F], Mobility [M], Balance [B], Agility [A] , Mind-Body [MB].

<u>MILD:</u> Light gentle activity. Talk easily while performing movements with relative ease. Water bottle is optional. Modifications are always available and encouraged.		
Beginner Tai Chi [Mon 2:30pm] [M, B, MB] “Sun Style” Tai Chi practice suitable for everyone, relaxing, gentle on joints. Intro Required to advance to Beginning Tai Chi (Hal & Barb)	Arthritis Exercise [Mon & Wed 1pm] [S, M, F, B] Seated and standing movements designed to maintain function, relieve stiffness and joint pain. (Maureen & Barb)	Meditative Movement [Fri 10:00am] [F, M, B , MB] Practice meditative breathing through movement for centering & relaxation. (Maureen)
Intermediate Tai Chi [Thur 11:15am] [M,B, MB] Various style/forms Tai Chi to enhance mind/body energy. (<i>Intro to Tai Chi Required</i>) (Hal)	Aqua Arthritis [Tues & Thur 10:15am] [S, M, F] Mild, warm water exercises to help relieve arthritic stiffness & joint pain. (Linda H)	Arthritis Harmony [M, W & F 2:30pm] [M, F] Relieve stiffness & joint pain associated with arthritis with added bonus of singing! (Carol)
Parkinson’s Chair Exercise [Wed., 11a-11:45a] [La Casa del Sol] [S, M, B] Using a chair for support, participants practice “BIG” functional movements to improve strength, mobility, balance, aerobic fitness, and cognition. (Maureen)	CB Moves for Parkinsons [Thurs 1p-2:15p] [La Casa del Sol] [M, B, A] Using music and expression to help improve balance, cognition, coordination, rhythm, and fluidity of movement in a creative, fun setting. (Cincinnati Ballet Instructor) [8-week course 9/24-11/12]	
<u>MODERATE:</u> Modest activity. Talk while performing movements with some tiredness. Water bottle recommended. Modifications are always available and encouraged.		
Shoulder & Knee [Tue & Thur 8:45am] [S, F, M, B] Specific exercises for shoulder/knee issues to achieve/maintain healthy joints [Tom & Sheri]	Advanced Tai Chi [Thur 10am] [M, B, MB] Advanced Tai Chi practice for improved movement and energy for daily living. (<i>Intro to Tai Chi Required</i>) (Hal)	Boxing for Parkinson’s [Wed 2:20pm] [C, S, B, M] Exercise is medicine helping to manage symptoms. Improves coordination/agility. [Maureen]
Silver Sneakers Classic [Mon 10am & Wed 11:30am] [C, S, B] Seated & standing movement class using a variety of resistant equipment. [Caroline & Tina]	Belly Dancing for Fitness [Thur 6pm] [S, C, B, M] Dancing with hip scarf/veil. Shimmy to Middle Eastern Music & tone muscles. [Lyn]	Line Dancing [Tuesday 1:00 & 7:00pm] [C,M,B] Choreographed line dancing will challenge coordination and memory. [Lyn]

<u>MODERATE:</u> Modest activity. Talk while performing movements with some tiredness. Water bottle recommended. Modifications are always available and encouraged.		
Silver Sneakers Yoga [Tues 10:15am] [F, M, B, MB] Chair is offered to safely perform a variety of seated/standing postures. [Ray]	Total Body Workout [Tue 11:30am] [S, F, M, B] Total body conditioning with use of chair, weights, mat and other props. (Ray)	Yogalates [Wed 8:45am] [S, F, M, MB] A mat class blending Yoga & Pilates for improved posture and movement. (Mary)
Water Workout [Wed 10:15am] [C, S, F, M] Warm water aerobic workout. Buoyancy enables stress free movement. [Mary]	Walkers [Wed 8am, Thurs 4:30pm] [C, S, M, B] Walk with others for comradery and to improve cardio strength and endurance [Caroline & Members]	Water Aerobics [M, W, F 8:45am] [C, S, F] Cardio exercises to improve flexibility, range of motion and muscle strength. [Gail & Jenni & Linda W)

<u>ELEVATED:</u> Moderate breathlessness and muscle fatigue while performing movements. Water bottle recommended plus optional towel. Modifications are always available and encouraged.		
Barre Above [Sat 11:15am, Wed 7p) [S, F, M, B] A full body workout fusing calisthenics ,core and balance exercises. [Barb & Debbie]	Mat Pilates [Tues 2:15pm & Fri 12:30am] [S,F,B,MB] Pilates mat work focus on core strength, spinal stabilization & mobility for easier movement. [Wendy]	Chair Pilates+ [Mon & Fri 11:20am] [S,F,B,MB] Seated & standing format for core based Pilates exercises for abs, back & hips. Plus Barre work for balance & strength. [Wendy]
Aqua Dynamics [Tue/Thurs 5:30pm] [C, S, M] High intensity interval training (HIIT) water workout for healthy heart and caloric burn. [Linda W]	Silver Sneakers Splash [Tue & Thur 8:45am] [C, S, F, B] Following the Silver Sneakers class format for range-of-motion, cardio & resistance training. [Tina]	Aqua Fit [Mom & Wed 10:10am] [S, F, M, MB] Pilates based water exercise for toning, stability and posture improvement focusing on core (abs & hips). [Wendy]
Core Plus [Mon & Wed 6:00pm] [S, F] Mat and standing core exercises with a mix of balance and strength training for increased muscle strength and tone. [Hal]	.Zumba [Thurs 11-12pm] [La Casa del Sol] [C, M] Move, groove, and have fun to Latin, pop, and contemporary hits at your own pace. Dancers of all levels are welcome to move, smile, and enjoy the music. [Addison]	Med Ball Dynamics [Tues 6pm] [S, M ,B] .Dynamic functional movement using a variety of equipment with focus on use of medicine balls. [Steven]

<u>CHALLENGING:</u> Vigorous and/or intense activity. Breathless (“huff & puff”) while performing movements and/or working muscles to certain fatigue. Water bottle recommended plus towel. Modifications are always available and encouraged.		
Cardio Strength Fusion [Mon 7pm] [C, S, F] A blend of exercises to improve heart health and tone muscles. [Hal]	Cardio Blast [Fri 8:30am] [C, S, F, B] A low impact blend of aerobic and muscle conditioning exercises. [Tina]	Boxing & Basic Self Defense [Thur 7pm] [C, S, F, M] Increase confidence & release stress, self paced, heart healthy. [John & Lyn]
FUNFitness [Mon 8:30am] [S, F, M, B] Functional dynamic movements that supports daily activities using multiple formats and equipment to challenge body movement. [Wendy]	.Studio Cycling [M,F 10am] [Wed 9:30am, 4:15pm] [C] Group cycling class on stationary bike “travel” on flat roads, climb hills & sprint! [Ray, Caroline, Maureen]	Barre Above Pilates [Tues 2:15pm] [S, F, MB] Fusion class blends Pilates, barre & strength training, for better muscle definition and movement. [Wendy]
Parkinson’s HIT [Thurs 12pm] [C, S, A] High-intensity interval training class uses a variety of circuits such as boxing with heavy bags and 1:1 mitt training. (Maureen, Addison) (9/3-10/8 Trial Class)		