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www.BayleyLife.org



Wellness Newsletter

Dear Fitness Friends,

Easter eggs are a colorful reminder of the brightness of new flowers, the vibrant green of new leaves, the smell of fresh grass, the sweet song of returning birds, longer daylight hours and the joy of resurrection and new life! Take a big breath of fresh spring air, break out of your protective shell and surround yourself with life, laughter and love! Happy Easter!

Yours In Wellness,
Bayley Wellness Staff



Spring 2025 April Courses Offerings

How Diet and Lifestyle Can Help Manage Chronic Conditions

This course will review how lifestyle factors can influence chronic conditions like diabetes, hypertension, and heart disease. Additionally, cooking methods and food decisions will be discussed to help create a balanced lifestyle optimizing health. Instructor: Leslie Edwards

Tuesdays, April 1, 8, 15, 22 10:15-11:15 am

Yoga- 4 Ways- The Path to Enlightenment

During this course, participants will engage in four different practices of yoga (breathwork, chair yoga, gentle yoga, and yin yoga) to strengthen, lengthen, and increase flexibility. Participants will learn the benefits yoga can provide for the mind and body. Instructor: Leslie Edwards

Monday, April 7th 10:45a-12:15 pm

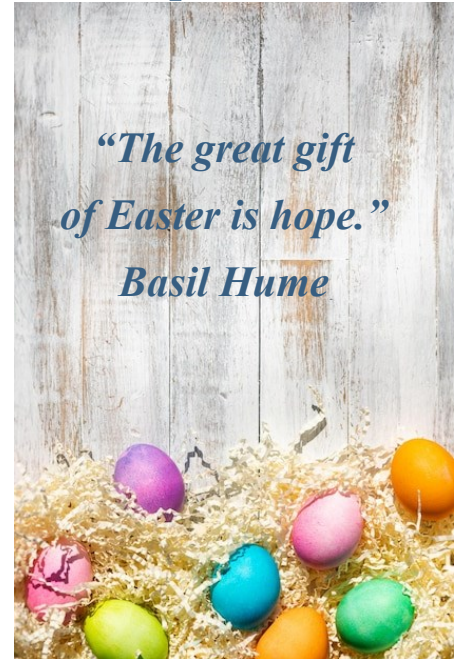
Movement is Medicine

Find out why doctors place an emphasis on staying active and moving! This course will discuss what is happening inside the body when we move and how that positively affects chronic disease.

Mondays April 7, 14, 21, 28th 1:00-2:00 pm

Course catalog is available at Welcome Desk.
Register by app, in person or call 513.347.1400

April, 2025



*“The great gift
of Easter is hope.”
Basil Hume*

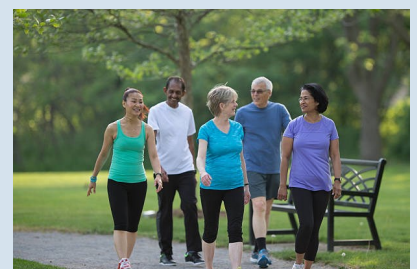
Upcoming Events

- ⇒ April 1—BU Class Manage Chronic Conditions
- ⇒ April 7—BU Class Yoga Path to Enlightenment
- ⇒ April 7—BU Class Movement is Medicine
- ⇒ April 26—World Tai Chi Day at Bayley

Class Spotlight Thursday PM Walking

Meet in lobby to partake in a 45-minute walk around the lovely Bayley campus. Enjoy the camaradery of others, fresh air, and the natural benefits of walking...a great way to end your day!

Thursdays 6:15-7:00pm





World Tai Chi Day is held in over 80 nations on the last Saturday of April, each year at 10 am local time. Our Bayley Tai Chi group will be using the exercise classrooms for celebration and group exercise. All are welcome!

Saturday April 26 10:00am

[Please Note: Cardio Strength and Barre Above classes will be cancelled this day]

Bayley Golf Classic Raffles!

- ◆ Cash Prizes: \$1000, \$400 or \$200
- ◆ Drone Drop Ball: \$500
- ◆ A Cart of Cheer: A fully stocked cart of premium beverages

Purchase tickets at
Welcome Desk Or Online!

NEW CLASS! Med Ball Dynamics

This new class is designed to improve strength, balance, power, and mobility; targeting functional movement patterns. A variety of equipment will be used with a focus around the use of medicine balls. Dynamic exercises will center on common movement patterns used in daily life to increase energy, improve overall fitness, and maintain independence for years to come.

Join Fitness Instructor
Stephen Seta!
Begins April 8
Tuesdays at 6:00pm



Tips for Choosing The Right Fitness Class

Bayley offers an amazing 56 land and water group exercise classes; that's a lot to choose from! Finding the right fitness class for you is more than just finding something that fits into your schedule. Many of us know that working out can be a chore if you don't enjoy it. That's why it's so important to choose something you can have fun with.

Consider your fitness level and experience with exercise. To avoid injury start with a milder class and move to more difficult classes when ready.

Consider your fitness goals. What element of fitness are you most interested in improving? Classes range from addressing general fitness to specific elements like heart health, strength, balance etc.



Consider class size. Smaller class size allows for instructor to focus on providing you with more feedback on form and function. Better form means better effectiveness. Large class size means instructor attention is highly divided and you may receive little to no feedback.

Talk to instructors. Instructors can guide and offer suggestions as to what classes would be most appropriate for you.

Get recommendations Ask your friends who may be taking a class or others in class why they like the class and what classes they recommend.

In The Know...

- **Closed Easter Sunday:** Sunday, April 20th
- **Pool Closure:** Friday, April 25th, MSJU students will be using the pool from 12-2:00pm. The pool will be closed to open swim during this time.
- **Anderson Ferry Food Pantry:** Is in need of personal care items like deodorant, soap, shampoo and is still in need of jelly. Box for donation at Welcome Desk.
- **Introduction to Kettle Bell :** Abby will be teaching how to use kettle bells to enhance your workout downstairs in the Fitness Center. Times to meet with her will be posted throughout the month.
- **Sign-up for classes is required:** Registration opens 3 days prior to class time. Many classes are filling up early or running close to capacity, so please register early so that you're not left out of the class. Ways to register: In person, Club Automation website, Bayley App or by phone.
- **Please be considerate when parking:** Spots in circle are handicapped parking only. The rest is used for Adult Day transportation & emergency vehicle thoroughfare. Reminder there is parking behind the building & a lower parking lot. Please DO NOT park on street beside building.

