



February

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 8:40-9:40a	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 10:00-10:30a		Studio Cycling 10:00-10:30a	
SilverSneakers Classic 10:00-11:00a	Dance Aerobics Fitness Fun 10:15-11:15a	SilverSneakers Yoga 10:00-11:00a	Tai Chi—Advanced (*Intro Required) 10:00-11:00a	Meditative Movement 10:00-11:00a	
Chair Pilates+ 11:20a-12:20p	Total Body Workout 11:30a-12:30p	SilverSneakers Classic 11:30-12:30	Tai Chi—Intermed (*Intro Required) 11:15a-12:15p	Chair Pilates+ 11:20-12:20	Barre Above 11:15a-12:15p
	Mat Pilates 1:00-2:00p (Library)			Mat Pilates 12:30-1:30	
Arthritis Exercise 1:00-2:00p	Line Dancing 1:00-2:00p	Arthritis Exercise 1:00-2:00p			
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 [Casa del Sol]					
		Studio Cycling 4:15-5:00p	Walkers 4:30-5:30p		
Waist Management 6:00-6:45p		Waist Management 6:00-6:45p	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	Dance Aerobics Fitness Fun 7:00-7:55p	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 10:10-11:05am	Arthritis 10:15-11:15a	Water Workout 10:15-11:15a	Arthritis 10:15-11:15a	Aqua Fit 10:10-11:05a	
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

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)	

All classes are available to all members.
Due to popularity of classes and to avoid
overcrowding class size is limited.
Registration for all classes is required!

Activity Level & Type of Bayley Fitness Classes		
<p>Here are basic guidelines to help you choose the right class.</p> <p>Bayley Fitness Club classes are designated by <i>level</i> of activity and <i>type</i> of activity.</p> <p>Levels of Activity: Mild, Moderate, Elevated and Challenging.</p> <p>Type of Activity (one or more of the following):</p> <p>Cardio [C], Strength [S], Flexibility [F], Mobility [M], Balance [B], Mind-Body [MB].</p>		
<p>MILD: Light gentle activity. Talk easily while performing movements with relative ease. Water bottle is optional. Modifications are always available and encouraged.</p>		
<p>Beginner Tai Chi [Mon 2:30pm] [M, B, MB] “Sun Style” Tai Chi practice suitable for everyone, relaxing, gentle on joints. Instructor: Hal & Barb</p>	<p>Arthritis Exercise [Mon & Wed 1pm] [S, M, F, B] Seated and standing movements designed to maintain function, relieve stiffness and joint pain. Instructor: Maureen & Tina</p>	<p>Meditative Movement [Fri 10:00am] [F, M, B , MB] Practice meditative breathing through movement for centering & relaxation. Instructor: Maureen</p>
<p>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> Instructor: Hal</p>	<p>Aqua Arthritis [Tues & Thur 10:15am] [S, M, F] Mild, warm water exercises to help relieve arthritic stiffness & joint pain. Instructor: Linda H.</p>	<p>Arthritis Harmony [M, W & F 2:30pm] [M, F] Relieve stiffness & joint pain associated with arthritis with added bonus of singing! Instructor: Carol</p>
<p>MODERATE: Modest activity. Talk while performing movements some tiredness. Water bottle recommended. Modifications are always available and encouraged.</p>		
<p>Shoulder & Knee [Tue & Thur 8:45am] [S, F, M, B] Specific exercises for shoulder/knee issues to achieve/maintain healthy joints Instructor: Tom & Sheri</p>	<p>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></p>	<p>Boxing for Parkinson’s [Wed 2:20pm] [C, S, B, M] Exercise is medicine helping to manage symptoms. Improves coordination/agility. Instructor: Maureen</p>
<p>Silver Sneakers Classic [Mon 10am & Wed 11:30am] [C, S, B] Seated & standing movement class using a variety of resistant equipment. Instructor: Caroline & Tina</p>	<p>Belly Dancing for Fitness [Thur 6pm] [S, C, B, M] Dancing with hip scarf/veil. Shimmy to Middle Eastern Music & tone muscles. Instructor: Lynn</p>	<p>.Line Dancing [Tuesday 1:00 & 7:00pm] [C,M,B] Choreographed line dancing will challenge coordination and memory. Instructor: Lynn</p>
<p>Silver Sneakers Yoga [Wed 10am] [F, M, B, MB] Chair is offered to safely perform a variety of seated/standing postures. Instructor: Ray</p>	<p>Total Body Workout [Tue 11:30am] [S, F, M, B] Total body conditioning with use of chair, weights, mat and other props. Instructor: Ray</p>	<p>Yogalates [Wed 8:45am] [S, F, M, MB] A mat class blending Yoga & Pilates for improved posture and movement. Instructor: Mary</p>
<p>Water Workout [Wed 10:15am] [C, S, F, M] Warm water aerobic workout. Buoyancy enables stress free movement. Instructor: Mary</p>	<p>Walkers [Wed 8am, Thurs 4:30pm] [C, S, M, B] Walk with others for comradery and to improve cardio strength and endurance Instructor: Caroline & Members</p>	<p>Water Aerobics [M, W, F 8:45am] [C, S, F] Cardio exercises to improve flexibility, range of motion and muscle strength. Instructor: Gail</p>
<p>ELEVATED: Moderate breathlessness and muscle fatigue while performing movements. Water bottle recommended plus optional towel. Modifications are always available and encouraged.</p>		
<p>FUNFitness [Mon 8:40am] [S, F, M, B] Functional dynamic movements that supports daily activities. Instructor: Wendy</p>	<p>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. Instructor: Wendy</p>	<p>Barre Above [Sat 11:15am] [S, F, M, B] A full body workout fusing calisthenics ,core and balance exercises. Instructor: Barb</p>
<p>Aqua Dynamics [Tues & Thurs 5:30pm] High intensity interval training (HIIT) water workout for healthy heart and caloric burn. Instructor: Linda W.</p>	<p>Silver Sneakers Splash [Tue & Thur 8:45am] [C, S, F, B] Following the Silver Sneakers class format for range-of-motion, cardio & resistance training. Instructor: Tina</p>	<p>Aqua Fit [Mom & Wed 10:10am] [S, F, M, MB] Pilates based water exercise for toning, stability and posture improvement Instructor: Wendy</p>
<p>Waist Management [6:00pm] [S, F] Mix of challenging core exercises aimed to increase strength and stability. Instructor: Hal</p>	<p>.Dance Aerobics Fitness Fun [Tue 10:15 am & Wed 7pm] [C, M] Zumba-like dance class designed to benefit body and brain. Instructor: Barb</p>	<p>Med Ball Dynamics [Tues 6pm] [S, M ,B] .Dynamic functional movement using a variety of equipment with focus on use of medicine balls. Instructor: Steven</p>
<p>CHALLENGING: 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.</p>		
<p>Cardio Strength Fusion [Mon 7pm] [C, S, F] A blend of exercises to improve heart health and tone muscles. Instructor: Hal</p>	<p>Cardio Blast [Fri 8:30am] [C, S, F, B] A low impact blend of aerobic and muscle conditioning exercises. Instructor: Tina</p>	<p>Boxing & Basic Self Defense [Thur 7pm] [C, S, F, M] Increase confidence & release stress, self paced, heart healthy. Instructor: John & Lynn</p>
<p>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. Instructor: Wendy</p>	<p>.Studio Cycling [M,W,F 10am] [Wed 4:15pm] [C] Group cycling class on stationary bike “travel” on flat roads, climb hills & sprint! Instructors: Ray & Maureen</p>	<p>Barre Above Pilates [Tues 2:15pm] [S, F, MB] Fusion class blends Pilates, barre & strength training, for better muscle definition and movement. Instructor: Wendy</p>