



# March



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

Mild		Moderate		Group Exercise Schedule		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					
Intro to Tai Chi (Mar 9–Apr 13) 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				

**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
<i>(Pool closes 15 mins. prior to facility)</i>	

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

Here are basic guidelines to help you choose the right class.  
Bayley Fitness Club classes are designated by **level** of activity and **type** of activity.

**Levels of Activity:** **Mild**, **Moderate**, **Elevated** and **Challenging**.

**Type of Activity** (one or more of the following):

Cardio [C], Strength [S], Flexibility [F], Mobility [M], Balance [B], Mind-Body [MB].

**MILD:** Light gentle activity. Talk easily while performing movements with relative ease. Water bottle is optional. Modifications are always available and encouraged.

<p><b>Beginner Tai Chi</b> [Mon 2:30pm] [M, B, MB] "Sun Style" Tai Chi practice suitable for everyone, relaxing, gentle on joints. Instructor: Hal &amp; Barb</p>	<p><b>Arthritis Exercise</b> [Mon &amp; Wed 1pm] [S, M, F, B] Seated and standing movements designed to maintain function, relieve stiffness and joint pain. Instructor: Maureen &amp; Tina</p>	<p><b>Meditative Movement</b> [Fri 10:00am] [F, M, B, MB] Practice meditative breathing through movement for centering &amp; relaxation. Instructor: Maureen</p>
<p><b>Intermediate Tai Chi</b> [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><b>Aqua Arthritis</b> [Tues &amp; Thur 10:15am] [S, M, F] Mild, warm water exercises to help relieve arthritic stiffness &amp; joint pain. Instructor: Linda H.</p>	<p><b>Arthritis Harmony</b> [M, W &amp; F 2:30pm] [M, F] Relieve stiffness &amp; joint pain associated with arthritis with added bonus of singing! Instructor: Carol</p>

**MODERATE:** Modest activity. Talk while performing movements some tiredness. Water bottle recommended. Modifications are always available and encouraged.

<p><b>Shoulder &amp; Knee</b> [Tue &amp; Thur 8:45am] [S, F, M, B] Specific exercises for shoulder/knee issues to achieve/maintain healthy joints Instructor: Tom &amp; Sheri</p>	<p><b>Advanced Tai Chi</b> [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><b>Boxing for Parkinson's</b> [Wed 2:20pm] [C, S, B, M] Exercise is medicine helping to manage symptoms. Improves coordination/agility. Instructor: Maureen</p>
<p><b>Silver Sneakers Classic</b> [Mon 10am &amp; Wed 11:30am] [C, S, B] Seated &amp; standing movement class using a variety of resistant equipment. Instructor: Caroline &amp; Tina</p>	<p><b>Belly Dancing for Fitness</b> [Thur 6pm] [S, C, B, M] Dancing with hip scarf/veil. Shimmy to Middle Eastern Music &amp; tone muscles. Instructor: Lynn</p>	<p><b>Line Dancing</b> [Tuesday 1:00 &amp; 7:00pm] [C,M,B] Choreographed line dancing will challenge coordination and memory. Instructor: Lynn</p>
<p><b>Silver Sneakers Yoga</b> [Wed 10am] [F, M, B, MB] Chair is offered to safely perform a variety of seated/standing postures. Instructor: Ray</p>	<p><b>Total Body Workout</b> [Tue 11:30am] [S, F, M, B] Total body conditioning with use of chair, weights, mat and other props. Instructor: Ray</p>	<p><b>Yogalates</b> [Wed 8:45am] [S, F, M, MB] A mat class blending Yoga &amp; Pilates for improved posture and movement. Instructor: Mary</p>
<p><b>Water Workout</b> [Wed 10:15am] [C, S, F, M] Warm water aerobic workout. Buoyancy enables stress free movement. Instructor: Mary</p>	<p><b>Walkers</b> [Wed 8am, Thurs 4:30pm] [C, S, M, B] Walk with others for comradery and to improve cardio strength and endurance Instructor: Caroline &amp; Members</p>	<p><b>Water Aerobics</b> [M, W, F 8:45am] [C, S, F] Cardio exercises to improve flexibility, range of motion and muscle strength. Instructor: Gail</p>

**ELEVATED:** Moderate breathlessness and muscle fatigue while performing movements. Water bottle recommended plus optional towel. Modifications are always available and encouraged.

<p><b>FUNFitness</b> [Mon 8:40am] [S, F, M, B] Functional dynamic movements that supports daily activities. Instructor: Wendy</p>	<p><b>Mat Pilates</b> [Tues 2:15pm &amp; Fri 12:30am] [S,F,B,MB] Pilates mat work focus on core strength, spinal stabilization &amp; mobility for easier movement. Instructor: Wendy</p>	<p><b>Barre Above</b> [Sat 11:15am] [S, F, M, B] A full body workout fusing calisthenics, core and balance exercises. Instructor: Barb</p>
<p><b>Aqua Dynamics</b> [Tue 5:30pm] High intensity interval training (HIIT) water workout for healthy heart and caloric burn. Instructor: Linda</p>	<p><b>Silver Sneakers Splash</b> [Tue &amp; Thur 8:45am] [C, S, F, B] Following the Silver Sneakers class format for range-of-motion, cardio &amp; resistance training. Instructor: Tina</p>	<p><b>Aqua Fit</b> [Mon &amp; Wed 10:10am] [S, F, M, MB] Pilates based water exercise for toning, stability and posture improvement Instructor: Wendy</p>
<p><b>Waist Management</b> [6:00pm] [S, F] Mix of challenging core exercises aimed to increase strength and stability. Instructor: Hal</p>	<p><b>Dance Aerobics Fitness Fun</b> [Tue 10:15 am &amp; Wed 7pm] [C, M] Zumba-like dance class designed to benefit body and brain. Instructor: Barb</p>	<p><b>Med Ball Dynamics</b> [Tues 6pm] [S, M, B] Dynamic functional movement using a variety of equipment with focus on use of medicine balls. Instructor: Steven</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><b>Cardio Strength Fusion</b> [Mon 7pm] [C, S, F] A blend of exercises to improve heart health and tone muscles. Instructor: Hal</p>	<p><b>Cardio Blast</b> [Fri 8:30am] [C, S, F, B] A low impact blend of aerobic and muscle conditioning exercises. Instructor: Tina</p>	<p><b>Boxing &amp; Basic Self Defense</b> [Thur 7pm] [C, S, F, M] Increase confidence &amp; release stress, self paced, heart healthy. Instructor: John &amp; Lynn</p>
<p><b>Chair Pilates+</b> [Mon &amp; Fri 11:20am] [S,F,B,MB] Seated &amp; standing format for core based Pilates exercises for abs, back &amp; hips. Plus Barre work for balance &amp; strength. Instructor: Wendy</p>	<p><b>Studio Cycling</b> [M,W,F 10am] [Wed 4:15pm] [C] Group cycling class on stationary bike "travel" on flat roads, climb hills &amp; sprint! Instructors: Ray &amp; Maureen</p>	<p><b>Barre Above Pilates</b> [Tues 2:15pm] [S, F, MB] Fusion class blends Pilates, barre &amp; strength training, for better muscle definition and movement. Instructor: Wendy</p>