

GROUP FITNESS

All group fitness classes are “drop in”, no registration is necessary and free to members. Program Participants may purchase Group Fitness Punch Cards.

Fees: Free/Member
\$75/Program Participant/15 visits

STRENGTH CLASSES

Focuses on muscle toning and strengthening exercises.

SCULPT

Class concentrates on upper and lower body, abs and back, hand weights, bands and tubing.

STRENGTH

Class designed to provide a well rounded workout.

ON THE BALL

Class will use the stability ball to work the stabilizing muscles of the abs and back. A good overall workout.

BALANCE & STABILITY

Strengthen your inner core for better balance & stability.

CARDIO CLASSES

Classes emphasize increasing your heart rate to burn calories.

CARDIO

Class offers both high, mid and low impact options, performed to music.

ZUMBA

Latin-based dance and fitness class. All levels welcome. No previous dance experience required. Shake your bon bon.

NEW

STEP

Aerobic class that uses a step as you perform combinations to music. (Monday-Circuit; Friday-Interval)

KICKBOXING

Aerobic class that uses a variety of movements from Kickboxing to get you moving.

GROUP CYCLING

Class is a moderate to high intensity, non-impact cardiovascular workout. Towel and water bottle are required for entry into class.

GROUP CYCLING 101

For newcomers to cycling who want a challenging 30-minute workout at the same time.

SILVER SNEAKERS II

Senior workout. Class offers varied intensities (based on participants' ability) to achieve cardiovascular benefits.

COMBINATION CLASSES

Classes are designed to mix cardio and strength training workouts.

CARDIO EXPRESS

Save time with this 45-minute cardio and strength class. Formats will vary to keep your workout fresh and exciting.

INTERVALS

Cardio class that changes between high and low intensity aerobic exercises.

CIRCUIT

Class that combines cardio workout with intervals of strength training.

STEP & SCULPT

Combines cardio step class with muscle conditioning sculpt class.

CARDIO COMBO

Varied cardio and strength class formats.

SILVER SNEAKERS I

Senior Workout. A combination of seated and standing exercises will be used. Intensity will vary with your ability.

FLEXIBILITY CLASSES

Classes focus on stretching, toning and relaxation exercises.

YOGA

Class concentrates on flexibility, balance and relaxation through yoga movements.

PILATES

Class combines stretching, toning and balance using Pilates based exercises.

INSTRUCTIONAL CLASSES

Classes that help the new user learn steps and class format before they attend a formal group fitness class.

STEP 101

A welcoming environment to help you on your way to regular attendance at our step classes. This is not an exercise class.

EQUIPMENT ORIENTATION

Orientations to the Health and Fitness Center are offered on a daily basis. Each appointment includes a tour of the Health & Fitness Center. Cardiovascular and strength training equipment are introduced but a specific fitness program is not designed at this time. To schedule an appointment, call 923-4466.

FITNESS ORIENTATION

Let our Fitness Counselors get you off to the right start. Fitness orientations that suit your goals, health history, exercise habits and schedule are available. These are offered on a daily basis and take about an hour. To schedule an appointment, call 923-4466.

LIFESTYLE COACHING



Lifestyle Coaching assists members to become more aware of their health and helps identify individual needs and assist you in making choices to improve your overall health and well-being.

Stanford University has developed a health and lifestyle assessment tool especially for the YMCA. It is free for all members and will aid you and your lifestyle coach to decide which YMCA programs and services are appropriate for you. Link to the Stanford Health and Lifestyle Assessment website: http://www.stanfordhealthimprovement.org/activate_america

Please complete the assessment and contact Susan Leytze at sleytze@cincinnatiymca.org or call 923-4466.

PERSONAL TRAINING

A Personal Trainer will provide individual instruction throughout your entire workout session. This is an excellent benefit if you are:

- In need of a more advanced or sport specific program
- Have special needs or considerations
- Would benefit from immediate feedback and frequent changes in your workout

Our qualified trainers will evaluate your current fitness level and design a specific program for you based on your goals.

Check out our trainers' bios at the Health & Fitness Center Desk and the Welcome Center.

Fees: Members Only
One-on-One
\$45/1 session (1 hour)
\$240/6 sessions (1 hour)

Two-on-One

\$68/1 session (1 hour)
\$372/6 sessions (1 hour)
1/2 Hour Personal Training
\$30/1 session (1/2 hour)
\$150/6 sessions (1/2 hour)

For more information contact Dana Ensley at 362-2102.

POWER, SPEED AND AGILITY TRAINING

Ages 10 and older

This is training for those who want to increase and enhance their overall athletic abilities. Trainings can be tailored to fit your sports specific needs. A combination of strength, plyometrics, flexibility and aerobic training will be utilized. Trainings can be held individually or in groups. Check out our trainer's bio at the Health & Fitness Center Desk and the Welcome Center.

Fees: \$50/Member/Hour
\$80/Program Participant
Hour

*Group Rates are available.

For more information or to schedule an appointment please contact Dana Ensley at 362-2102.

FITNESS ASSESSMENTS



The Fitness Assessment program is designed to evaluate your current level of fitness and assist in the development of a personalized exercise program. The following components of fitness will be addressed: cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition.

Based on the results of the five fitness components mentioned above and one's fitness goals, a personalized exercise program is developed. Any and all questions or concerns will be addressed during a follow-up consultation.

Fees: Members only
\$40

For more information or to schedule an appointment, please contact Dana Ensley at 362-2102.

FITKID

Youth 8-11 years old

Do your children spend more time inside the house watching television or playing computer games than they spend playing outside? We have a class to make fitness fun for them. FitKid is a class that focuses on exercise, health, and nutrition. Activities include games, obstacle course, flexibility, strengthening exercises and plenty of fun.

Monday 4:15-5:15pm
Fees: \$24/Member
\$32/Program Participant

GENERATION FIT

Youth 9-11 years old

Generation Fit is designed to help kids that are overweight, at risk of becoming overweight, or just not as active as a young person should be. Youth will learn the fundamentals of good nutrition and how to make good healthy choices. They will also learn the benefits of regular exercise and that exercise comes in many different activities that are fun and enjoyable. Activities will include supervised workouts in the Health & Fitness Center as well as playing games.

Tues. & Thurs. 4:15-5:15pm
Fees: \$29/Member
\$41/Program Participant

MINI (CHAIR) MESSAGES PROVIDED BY DR. TITTLE'S OFFICE

(To register, please stop by the Welcome Center no earlier than the Monday before the scheduled date of the mini-massage)

Dates: May 14
Time: 10:00-12:00pm
Location: Lobby
Fee: Free to members

HEALTHY TEENS

Teens 12-15

Designed to teach teens the benefits of exercise and strength training. Teens will learn basic anatomy, muscular function, principles of strength training and how to lift using proper techniques. This fun and energetic class includes actual weight lifting in the Fitness Center. Teens 12-15 must complete this class to use the Health and Fitness Center. Registration required.

June 2 June 16
July 7 July 21
Aug. 4 Aug. 18
Mon. & Wed. 6:30-8:00pm
Fees: \$28/Members only

FAMILY FITNESS

Family Fitness is a time for your family to spend time together and become healthier. Our fitness staff will be on hand to show parents and their **children 9 years of age and older** how to use the exercise machines properly and help you to develop a fitness program to meet your fitness needs.

Sunday 12:00-7:00pm

SENIOR HEALTH & FITNESS DAY

Wednesday, May 28 Time: 12:00-2:00pm

Come join us for a healthy lunch and visit various vendors and information tables at your leisure. Bring a healthy side to share (coincides with Senior Social for May).

- Silver Sneakers
- Hamilton County Park District
- Miami Heights Chiropractic
- Arthritis Foundation
- Hamilton County Sheriff's Department
- Humana
- Mary Kay Cosmetics
- Clippard YMCA Personal Trainers
- Glucose Screening
- Nutritionist
- Physical Therapist
- Meijer Pharmacist
- Colerain Fire Department
- American Heart Association
- Caring Hands
- Sibcy Cline
- Council on Aging
- The Place for Better Hearing