





Fitness

Fitness Center Amenities

-  **Weight Machines**
-  **Free Weights**
-  **Cardio Equipment**
-  **Fitness Equipment**

Indoor Walking Track

 **12 Laps = 1 Mile**

Group Exercise Schedule



Springdale Community Center Group Exercise Schedule

11999 Lawnview Ave. Springdale, OH 45246 513-346-3910

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mornings					
	Jazzercise 9:30-10:30 a.m.		Jazzercise 9:30-10:30 a.m.		Jazzercise 9:30-10:30 a.m.
					Fit & Firm 10:00-11:00 AM Aux Gym
Afternoons					
	SilverSneakers® Classic 11:00-12:00 p.m.		SilverSneakers® Classic 11:00-12:00 p.m.		H.I.I.T. Fit 11:00-12:00 p.m.
Tai Chi for Health 1:00-2:00 p.m.			Detroit Style Ballroom Dancing 2:00-4:00 p.m.		Chicago Steppin' 2:00-4:00 p.m.
Evenings					
Jazzercise 5:55-6:55 p.m.	H.I.I.T. Fit 5:55-6:55 p.m.	Jazzercise 5:55-6:55 p.m.	H.I.I.T. Fit 5:55-6:55 p.m.	Strength 45 5:55-6:55 p.m.	Zumba® 2:00-3:00 p.m.
	Zumba® 7:05-8:05 p.m.				

Fitness Key

	Cardio
	Strength/Cardio
	Mind/Body
	Strength

First class is FREE! Please see class descriptions for pricing.

For more information contact Elizabeth Johnson, Fitness Manager: 513-346-3910

Group Exercise Class Descriptions:

Detroit Style Ballroom Dancing: This beginner class will introduce dancers to Detroit style ballroom dancing. We recommend that women wear small heels with felt pad covers and men wear leather soled shoes.

Instructor: Kathy and Greg

Rate: \$10/class

Phone: 513-604-2483

Chicago Style Steppin': Come join this Urban dance class to learn the fundamentals of Chicago Style Steppin'. Here you will find community unity in a fun and positive atmosphere. Steppin is a lifestyle that originated in Chicago and continues to evolve around the world. The instructor is from Chicago and teaches beginners, intermediate, and advance classes.

Instructor: Darryl Bourne

Rate: \$10

Phone: 513-557-8655

H.I.I.T. Fit: This action packed high intensity interval training (H.I.I.T.) class combines the benefits of kickboxing and strength training that's sure to challenge your body and give you the results you need.

Instructor: Elaine M.

Rate: \$6/class or \$38/month

Phone: 513-446-1839

Jazzercise: A high-intensity mix of dance-based cardio and strength training for a calorie-burning total body workout. And the best part - it will put a bounce in your step and a smile on your face!

Instructor: Elaine S.

Rate: \$25/month

Phone: 513-360-3604





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