



# Springdale Community Center Group Exercise Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mornings</b>					
	Jazzercise 9:30-10:30 a.m.		Jazzercise 9:30-10:30 a.m.		Jazzercise 9:30-10:30 a.m.
				Balance for Life 11:00-12:00 p.m. 4/7-5/26	Fit & Firm 10:00-11:00 AM <i>Aux Gym</i>
<b>Afternoons</b>					
	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.
			Detroit Style Ballroom Dancing 2:00-4:00 p.m.		Chicago Steppin' 2:00-4:00 p.m.
Tai Chi for Health 1:00-2:00 p.m.					
<b>Evenings</b>					
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.	Zumba® 7:05-8:05 p.m.	Fit & Firm 7:00-8:00 PM <i>Aux Gym</i>			
<b>Sunday</b>					

**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:

**Balance for Life:** We combine balance and endurance exercises, along with posture and stretching work for those who wish to increase balance and reduce falls.

**Instructor:** Elizabeth

**Rate:** FREE

**Phone:** 513-346-3910

**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:** Kathye 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

**Fit & Firm:** This full body workout will help you burn fat, define lean muscles, build strength, improve balance and coordination, and have FUN!

**Instructor:** Cynthia M

**Rate:** \$10/class or \$75/month

**Sign Up:** [cynsationalfitness.com](http://cynsationalfitness.com)

**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:** \$35/month

**Phone:** 513-260-3604

**SilverSneakers® Classic:** Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

**Instructor:** Elizabeth

**Rate:** Free

**Phone:** 513-346-3910

**Strength 45:** Melt fat and carve your curves - this muscle sculpting workout will transform you! Burn up to 800 calories and chisel your core, arms, shoulders, back, legs, glutes and everything in between. This muscle sculpting strength workout is a fab way to cross-train your body. You're going to love the results!

**Instructor:** Elaine S.

**Rate:** \$35/month + Includes Jazzercise classes

**Tai Chi for Health:** A gentle, yet powerful exercise form that combines fluid movements, breathing, and stretching to improve muscle tone, balance, flexibility, reduce stress, and improve overall health and wellness.

**Instructor:** Barbara

**Rate:** \$6/class or \$30/6 classes

**Phone:** 513-267-0409

**Zumba®:** This class is a fusion of Latin and International music combined with beginner to more advanced dance moves to create a dynamic and effective workout; add in laughter, energy and sweat and you've got ZUMBA®!

**Instructor:** Melissa

**Rate:** \$5/class

**Phone:** 513-969-4772

**Instructor:** Natombi

**Rate:** \$5/class

**Phone:** 513-687-3362