






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.
					H.I.I.T. Fit 11:00-12:00 p.m.
Afternoons					
	SilverSneakers® Classic 11:00-12:00 p.m.		SilverSneakers® Classic 11:00-12:00 p.m.		Chicago Steppin' 2:00-4:00 p.m.
Tai Chi for Health 1:00-2:00 p.m.	Tai Chi 24 Yang Form **Starts 6/4** 1:00-2:00 p.m.		Tai Chi 24 Yang Form **Starts 6/6** 1:00-2:00 p.m.		Sunday Zumba® 2:00-3:00 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® 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:

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/class **Phone:** 513-557-8655

H.I.I.T. Fitt: 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.





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