



SPRINGDALE

PARKS & RECREATION

Springdale Community Center Group Exercise Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mornings					
Slimnastics 9:15-10:15 a.m.	Jazzercise 9:30-10:30 a.m.	Slimnastics 9:15-10:15 a.m.	Jazzercise 9:30-10:30 a.m.	Slimnastics 9:15-10:15 a.m.	Jazzercise 9:30-10:30 a.m.
Afternoons					
	L.I.F.E. 11:00-12:00 p.m.		L.I.F.E. 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.			Line Dance 1:00-2:00 p.m.		
Evenings					
Boot Camp 5:30-6:15 p.m. <i>**Aux Gym**</i>					
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.	
Hip Hop Spin 7:05-8:05 p.m.	Zumba® 7:05-8:05 p.m.		Hip Hop Spin 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:
Ejohnson@springdale.org or 513-346-3910

