

Fall 2022 Group Fitness Schedule: Sept 1 - Dec 17

No Classes: September 5, October 28, November 11, November 24, November 25.

	Monday	Tuesday	Wednesday	Thursday	Friday
Early Morning	6:30-7:30 AM Cardio Intervals* Grover E194 Jade <i>Begins Sept 12</i>	6:30-7:30 AM Total Body Strength Grover E194 Robby <i>Begins Sept 6</i>	6:30-7:30 AM Mobility Training* Grover E194 Jade <i>Begins Sept 7</i>	6:30-7:30 AM Total Body Strength Grover E194 Robby <i>Begins Sept 8</i>	
Mid-Morning	10:15-11:45 AM Strength & Stability Active Seniors Grover E192 Josh		10:15-11:45 AM Strength & Stability Active Seniors Grover E192 Josh	7:30-8:30 AM Cycling Grover E194 Bill H	
Lunchtime	12:00-1:00 PM Multilevel Yoga Grover E192 Kristen K	12:00-1:00 PM Pilates Grover E192 James		12:00-1:00 PM Barre Grover E192 Kim R	11:00AM - 12:00PM Cardio, Strength, Balance & More* Grover E194 Kim KB
	12:00 – 1:00 PM Total Body Strength Grover E194 Mindy	12:00 – 1:00 PM Total Body Strength Grover E194 Bill N	12:00-1:00 PM TRX Strength and Mobility* Grover E194 Devon <i>Begins Sept 7</i>	12:00-1:00 PM Boxing* Grover E194 Bill N	12:00-1:00 PM Cardio Tone *Virtual Annie Laurie
Evening	5:30-6:30 PM Outdoor Ridges Fitness Camp The Ridges Bill N	5:30 – 6:30 PM STRONG by Zumba® Grover E194 Ramiro	5:30-6:30 PM Outdoor Ridges Fitness Camp The Ridges Bill	5:30 – 6:30 PM Zumba® Grover E194 Ramiro	* = Indicates a NEW class Grover E192 = Mind Body Room Grover E194 = Group Fitness Room
	6:00-7:00 PM TRX Training* Grover E194 Devon <i>Begins Sept 12</i>	6:45-7:45 PM Cycling Grover E194 Rose	6:00-7:00 PM Cardio Dance Grover E194 Mindy	6:45-7:45 PM Cycling Grover E194 Rose	

Notes:

- Membership required for all classes.
- Register for classes in advance online at: wellworks-portal.ohio.edu.
- Outdoor Ridges Fitness Camp meets at the green space near Kennedy Museum of Art at The Ridges.
- Virtual classes are streamed live via Zoom. A class link will be emailed to you upon registration.