

Spring 2023 Group Fitness Schedule: January 9 – April 30

No Classes: January 16, March 12-18. No Strength & Stability class on February 20.

	Monday	Tuesday	Wednesday	Thursday	Friday
Early Morning		6:00-7:00 AM & 7:15-8:15 AM Triathlon Training Grover E194 Bill H Specialty Class		6:30-7:30 AM Strength Circuits Grover E194 Robbie	
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		
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 Cardio Tone *Virtual Annie Laurie	12:00-1:00 PM ZUMBA® Grover E192 Kim R	11:00AM - 12:00PM Zumba®, Dance + Toning + Sentao Grover E194 Kim K-B
	12:00 – 1:00 PM TRX Grover E194 Devon	12:00 – 1:00 PM Boxing Grover E194 Bill N	12:00-1:00 PM Total Body Strength Grover E194 Mindy	12:00-1:00 PM Strength Circuits Grover E194 Bill N	12:00-1:00 PM Remote Check-In Hockhocking Adena Bikeway Mile Marker 1
Evening	5:30-6:30 PM Outdoor Ridges Fitness Camp The Ridges Bill N	5:30 – 6:30 PM Cardio Dance Grover E194 Mindy	5:30-6:30 PM Outdoor Ridges Fitness Camp The Ridges Bill	5:30 – 6:30 PM Zumba® Grover E192 Ramiro	Grover E192 = Mind Body Room Grover E194 = Group Fitness Room Specialty Classes = additional fee
	5:30-6:30 PM STRONG by Zumba® Grover E192 Ramiro	5:30-6:30 PM Asana Yoga Grover E192 Margie	5:30-6:30 PM Cardio Hip-Hop Grover E192 Jordan	5:30-6:30 PM Cycling/Spin Grover E194 Rose	



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6:30-7:30 PM
Restorative Yoga
Grover E192, Margie
**Open to all
OHIO Employees**

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.