



GE Fitness Center

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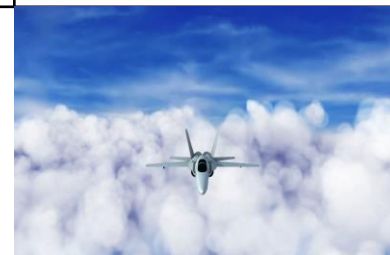
Pool
Main
Studio

Fitness Class Schedule July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Fit 9:30 – 10:30 am Sue	Sunrise Spin 6:05 – 6:55 am Sue	Morning Bootcamp 5:55 – 6:30 am Audria	Sunrise Spin 6:05 – 6:55 am Sue	Aqua Fit 9:30 – 10:30 am Juanita
Chair Yoga 11:00 am – 12:00 pm Pat/Caroline	Cardio Groove 9:15 – 10:15 am Kris	Aqua Fit 9:30 – 10:30 am Sarah	Step It Up 9:15 – 10:15 am Amy	Bootcamp 11:45 am – 12:30 pm Sarah
Bootcamp 11:45 am – 12:30 pm Sarah	Bootcamp 11:45 am – 12:30 pm Keishia	Hatha Yoga 10:30 – 11:30 am Juanita	Pilates 11:00 – 11:45 am Tetyana	Intervals 5:30 – 6:30 pm Lynn
Hatha Yoga 5:30 – 6:15 pm Caroline	Pilates 5:30 – 6:30 pm Mary Lou	Zumba 5:30 – 6:30 pm Lynn	CardioPiYo 11:50 am – 12:35 pm Tetyana	

Sign-up for
Wednesday Freestyle
Swim Clinics
July 2, 9, 16 and 23!
12pm – 1pm

Questions? Contact Erica
Erica.Millender-Stephens@ge.com or by
phone at 513-243-9404



Group Fitness Class Descriptions

Water Fitness

Aqua Fit: This is a low to moderate intensity, shallow water fitness class, that combines cardio, strength, and flexibility movements using a variety of interval training styles and equipment.

Freestyle Stroke clinics: Want to improve the quality of your stroke? Now taking sign-ups of all fitness levels, novice to advanced. This clinic is FREE (no cost) and open to all GE employees, spouses, dependents, and retirees.

Mind & Body

Pilates: A mat-based class designed to increase flexibility, strength, and control of the core muscles.

Hatha Yoga: Learn how to calm the mind, regain focus, and mentally live in serenity while taking your Yoga poses to the next level. Learn asanas through variations and sequences to keep yourself challenged.

Spinning

Sunrise Spin:

You will burn calories, get lean, increase lower body strength, and improve your cardiovascular endurance. This class incorporates aerobic endurance intervals, anaerobic threshold intervals, hills, strength, and speed play.

Total Body Conditioning

Strength: Enjoy working hard at building strength, endurance, and toning.

Intervals: This class is a total body workout that improves strength and cardiovascular fitness with timed periods of high-low workloads.

CardioPiYo: Get a great total body workout along with Pilates and Yoga training.

Bootcamp: This class will sculpt and strengthen your entire body, fast! It will challenge all your major muscle groups while you squat, press, lift and curl.

Tabata: Each interval only lasts four minutes...but those four minutes produce remarkable effects. The intervals: push hard for 20 seconds, rest for 10 seconds and repeat.

Cardio Fitness

Zumba: Ditch the workout, join the party! An exhilarating, effective, easy-to-follow, calorie-burning, Latin-inspired dance fitness party. No dance experience is required.

Step it Up: If you like step aerobics, this class is for you. You will experience 30 minutes of stepping, 15 minutes of Tabata (20 seconds high intensity, 10 second rest intervals) and 15 minutes of stretching.

Cardio Groove: Take a step back to choreographed cardio aerobics. Enjoy 30-40 minutes of major calorie burn followed by strengthening exercises for a total body blast!

GE Fitness Center Hours:

Monday-Thursday 5:00am-8:00pm

Friday 5:00am-7:00pm

Saturday 8:00am-1:00pm

Check us out on the web:

<http://gefci.trihealth.com>

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Note: Please inform the instructor if you are a new participant or if you have a medical condition that may affect your workout or requires special modification. Thank you and enjoy your class!