

GE Fitness Center

Managed by  TriHealth

Pool
Main
Studio

Fitness Class Schedule July 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Fit 9:30 – 10:30 am Sue	Sunrise Spin 5:45 – 6:45 am Audria	Morning Bootcamp 5:55 – 6:30 am Audria	Sunrise Spin 5:45 – 6:45 am Audria	Aqua Fit 9:30 – 10:30 am Juanita	Morning Spin 9:30 – 10:30 am Kathie
Chair Yoga 11:00 am – 12:00 pm Pat/Caroline	Low Impact Cardio 9:15 – 10:15 am Kathie	Aqua Fit 9:30 – 10:30 am Agnes	Step It Up 9:15 – 10:15 am Amy	Power Yoga 11:45 am – 12:30 pm Natalie *New Class*	
Bootcamp 11:45 am – 12:30 pm Kathie	Low Impact Circuit 11:45 am – 12:30 pm Keishia	Hatha Yoga 10:30 – 11:30 am Juanita/Natalie	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 Janell	Zumba 5:30 – 6:30 pm Lynn	CardioPiYo 11:50 am – 12:35 pm Tetyana		

For questions, contact Erica by email at
Erica.Millender-Stephens@geaerospace.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 Flow: Unwind and reset with slow, intentional movement followed by a yin cooldown. This full body workout and work-in begins with mobility and strength focus, then shifts into longer held poses to support myofascial release, flexibility, and recovery. All levels are welcome.

Power Yoga: Step into energizing, dynamic movement in Vinyasa yoga. Breath guides purposeful movement that develops functional strength and cardiovascular fitness in continuous flow. Explore balance, focus, and mobility just as you are. All levels are welcome.

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.

Low Impact Circuit: Take part in this low-impact circuit class that will strengthen and tone your muscles. No plyometrics or jumping involved.

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.

Low Impact Cardio: 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!