GE Fitness Center

Managed by TriHealth

Pool
Main
Studio

Fitness Class Schedule November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Fit 9:30 am – 10:30 am Sue	**Sunrise Spin** 5:45 am – 6:35 am Audria	**Morning Bootcamp** 5:55 am – 6:30 am Audria	**Sunrise Spin** 5:45 am – 6:35 am Audria	**Aqua Fit** 9:30 am – 10:30 am TBD	**Morning Spin** 9:30 am – 10:30 am Kathie
Chair Yoga 11:00 am – 12:00 pm Pat/Caroline	**Low Impact Cardio** 9:15 am – 10:15 am Shivani/Erica	**Aqua Fit** 9:30 am – 10:30 am Agnes	**Step It Up** 9:15 am – 10:15 am Amy	**Intervals** 5:30 pm – 6:30 pm Lynn	
Bootcamp 11:45 am – 12:30 pm Megan	**Low Impact Circuit** 11:45 am – 12:30 pm Keishia	**Hatha Yoga** 10:30 am – 11:30 am Lainie	**Pilates** 11:00 am – 11:45 am Tetyana		
Hatha Yoga 5:30 pm – 6:15 pm Caroline	**Pilates** 5:30 pm – 6:30 pm Janell	**Zumba** 5:30 pm – 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.