

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	New Class Yin Yoga 10:30 am – 11:30 am Lainie	
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	Intervals 5:30 pm – 6:30 pm Lynn	
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.