



## Fitness Class Schedule: November 2024

Classroom: **Pool Main**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Aqua Fit</b> 9:30 am – 10:30 am <i>Sue</i>	<b>Sunrise Spin</b> 6:05 am – 6:55 am <i>Sue</i>	<b>Bootcamp</b> 5:55 am – 6:40 am <i>Mary</i>	<b>Sunrise Spin</b> 6:05 am – 6:55 am <i>Sue</i>	<b>Aqua Fit</b> 9:30 am – 10:30 am <i>Juanita</i> *No Class Nov. 29 <sup>th</sup>
<b>Bootcamp</b> 11:45 am – 12:30 pm <i>Sarah</i>	<b>Cardio Groove</b> 9:15 am – 10:15 am <i>Erica</i>	<b>Aqua Fit</b> 9:30 am – 10:30 am <i>Sarah</i>	<b>Step It Up</b> 9:15 am – 10:15 am <i>Erica</i>	<b>Bootcamp</b> 11:45 am – 12:30 pm <i>Sarah</i> *No Class Nov. 29 <sup>th</sup>
<b>Yoga</b> 5:30 pm – 6:15 pm <i>Carolina</i>	<b>Pilates</b> 5:30 pm – 6:30 pm <i>Mary Lou</i> *No Class Nov. 5 <sup>th</sup>	<b>Hatha Yoga</b> 10:30 am – 11:30 am <i>Parmjit</i>	<b>Pilates</b> 11:00 am – 11:45 am <i>Tetyana</i> *No Class Nov. 7 <sup>th</sup>	<b>Intervals</b> 5:30 pm – 6:30 pm <i>Lynn</i> *No Class Nov. 29 <sup>th</sup>
Scan QR code to answer question about our classes. We would love your feedback! 		<b>Zumba</b> 5:30 pm – 6:30 pm <i>Lynn</i>	<b>CardioPiYo</b> 11:50 am – 12:35 pm <i>Tetyana</i> *No Class Nov. 7 <sup>th</sup>	Important Updates: Fitness Center will be CLOSED on Thursday, November 28 <sup>th</sup> for Thanksgiving Day

Questions or concerns? Please contact Erica Millender-Stephens at [Erica.Millender-Stephens@ge.com](mailto: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

### **Spin-n-tone and 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!

**CardioKick:** Bring back the good old days of kickboxing to aerobic music. Take on 30 minutes of Kickboxing and 15 minutes of strength and stretching.

**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>

GE Fitness Center

Managed by  TriHealth

**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!