

## Fitness Classes

### October 3<sup>rd</sup> - December 15<sup>th</sup> 2016

Location	Monday	Tuesday	Wednesday	Thursday
<b>ADAMH</b> 447 East Broad St Columbus, Ohio 43215 <i>Training Room</i>			<b>Gentle Yoga</b> 12:00 pm - 1:00 pm	
<b>Government Tower</b> 373 South High St Columbus, Ohio 43215 <i>10th Floor</i>	<b>Beginner Yoga</b> 11:30 pm - 12:15 pm <b>Progressive Yoga</b> 12:30 pm. - 1:15 pm <i>*No Classes 10/10*</i>	<b>Chair Fit with Weights</b> 12:00 pm - 12:45 pm	<b>Gentle Yoga</b> 12:00 pm - 12:45 pm	<b>Chair Fit</b> 12:00 pm - 12:45 pm
<b>Memorial Hall</b> 280 East Broad St Columbus, Ohio 43215 <i>West Conference Room</i>			<b>Core &amp; More</b> 4:45 pm - 5:45 pm	
<b>Child Support Enforcement Agency</b> 80 East Fulton St Columbus, Ohio 43215 <i>*Bring County ID 3rd Floor Conference Room</i>	<b>TBC</b> 4:30 pm - 5:15 pm <i>*No Class 10/10*</i>	<b>Zumba</b> 12:00 pm - 1:00 pm		<b>Strictly Strength</b> 12:00 pm - 1:00 pm <b>HIIT</b> 4:30 pm - 5:00 pm <b>TBC</b> 5:00 pm - 5:30 pm
<b>Children's Services East Main Street</b> 4071 East Main St Columbus, Ohio 43213 <i>Room 136</i>		<b>Bootcamp</b> 12:00 pm - 1:00 pm		<b>Strictly Strength</b> 12:00 pm - 1:00 pm
<b>Children's Services West Mound Street</b> 855 West Mound St Columbus, Ohio 43223 <i>Family Center</i>			<b>TBC</b> 5:15 pm - 6:15 pm	<b>Gentle Yoga</b> 12:00 pm - 1:00 pm
<b>Children's Services Frank Road</b> 1919 Frank Rd Columbus, Ohio 43223 <i>Room 28</i>	<b>TBC</b> 12:00 pm - 1:00 pm <i>*No Class 10/10*</i>		<b>Core &amp; More</b> 12:00 pm - 1:00 pm	

#### Class Cancellations

**October 10<sup>th</sup>: Columbus Day**

**November 21<sup>st</sup> — November 25<sup>th</sup>: Thanksgiving**

# Fitness Class Description

## Beginner Yoga

We are all beginners! This class is suitable for both beginners and for those with some experience and will include basic breathing exercises, and foundational poses.

## Bootcamp

High Intensity, calorie burning, all over body conditioning and strength training class set to body pumping, motivational music.

## Chair Fit

This is an excellent routine for anyone of any fitness level or age. A chair exercise class that will improve your range of motion, flexibility, aerobic capacity and endurance.

## Chair Fit With Weights

This is an excellent routine for anyone of any fitness level or age. For this class please bring a pair of weights, water bottles, or soup cans to participate in the class. This class will get your heart pumping and muscles moving.

## Core & More

This class will strengthen and tone from the waist down. The primary focus is on abdominals and glutes. All fitness levels are welcome.

## Gentle Yoga

This class is designed to remove the barriers that some might have to joining a yoga class. The stretches and balancing exercises are accompanied with proper breathing and alignment cues.

## Hatha Yoga

Hatha is great for all skill levels. The Hatha practice is where all yoga is derived from and is a wonderful place for anyone to start. You will learn basic poses, relaxation techniques and terminology that you will find in almost every other style of yoga.

## HIIT (High Intensity Interval Training)

HIIT class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before the busy days get started. Modifications are provided.

## Line Dance

This class will keep you moving with fun easy to follow dance steps performed to a variety of soulful music. This class will be slightly less intense than others, but equally as enjoyable!

## Meditation

Meditation has been practiced for thousands of years and is commonly used for relaxation and stress reduction. It is considered a type of mind-body complementary medicine. Meditation produces a deep state of relaxation and a tranquil mind.

## Progressive Yoga

A yoga class for more experienced practitioners looking to work a bit more on strengthening and deepening in their poses. A good challenge for those who are open to trying it.

## Strictly Strength

This class includes total body strength training techniques to enhance strength, raise metabolism and sculpt the body.

## TBC (Total Body Circuit)

This class includes total body strength training techniques to enhance strength, raise metabolism and sculpt the body. Strength class in a circuit format!

## Zumba

Dance your way fit! By using a fusion of Latin, Reggae, Hip Hop, Bollywood and Pop music, this class is guaranteed to get your heart pumping and hips shaking. All fitness levels are welcome.