

Fitness Classes for December

No Classes 12/21 - 12/25 & 12.31

Location	Monday	Tuesday	Wednesday	Thursday	Friday
ADAMH 447 East Broad St Columbus, Ohio 43215 <i>Training Room</i>			Gentle Yoga 12:00 pm - 1:00 pm		
Government Tower 373 South High St Columbus, Ohio 43215 <i>10th Floor</i>	Beginner Yoga 11:30 pm - 12:15 pm Progressive Yoga 12:30 pm. - 1:15 pm	Strictly Strength 12:00 pm - 12:45 pm	Hatha Yoga 5:15 pm - 6:15 pm	Chair Fit 12:00 pm - 12:45 pm	
Memorial Hall 280 East Broad St Columbus, Ohio 43215 <i>West Conference Room</i>			Core & More 4:45 pm - 5:45 pm	Zumba 5:00 pm - 6:00 pm	
Child Support Enforcement Agency 80 East Fulton St Columbus, Ohio 43215 <i>*Bring County ID 3rd Floor Conference Room</i>	HIIT 4:30 pm - 5:00 pm TBC 5:00 pm - 5:30 pm	Zumba 12:00 pm - 1:00 pm		Zumba 12:00 pm - 1:00 pm HIIT 4:30 pm - 5:00 pm TBC 5:00 pm - 5:30 pm	
Children's Services East Main Street 4071 East Main St Columbus, Ohio 43213 <i>Room 136</i>		Bootcamp 12:00 pm - 1:00 pm		Strictly Strength 12:00 pm - 1:00 pm	Core & More 11:30 am - 12:15 pm
Children's Services West Mound Street 855 West Mound St Columbus, Ohio 43223	Zumba 5:15 pm - 6:15 pm	Gentle Yoga 12:00 pm - 1:00 pm	TBC 5:15 pm - 6:15 pm	Core & More 12:00 pm - 1:00 pm	
Children's Services Frank Road 1919 Frank Rd Columbus, Ohio 43223 <i>Room 28</i>	TBC 12:00 pm - 1:00 pm		Core & More 12:00 pm - 1:00 pm		Bootcamp 12:45 pm. - 1:30 pm
Pickaway County Service Center 110 Island Rd Circleville, Ohio 43113 <i>Upstairs Meeting Room</i>		Bootcamp 4:45 pm - 5:45 pm		Strictly Strength 4:45 pm - 5:45 pm	

Always consult a doctor before starting any exercise program. All classes are FREE for Franklin County Staff!!

Please remember to bring a water bottle & towel or mat for any class that includes floor exercises.

Fitness Class Descriptions

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.

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.