

Group Fitness Schedule - Winter/Spring 2025

(Eff: 1/6/25)

Tuesday

Wednesday

Thursday

7:30 - 8:15 AM
Yoga
Anele

*Class descriptions
can be found at
banksfitness.trihealth.com*

12:30 - 1:15 PM
Strength & Tone
Jared

*Wellness Walk Wednesday
classes will return once
weather warms*

12:30 - 1:15 PM
Strength & Tone
Jared



Group Fitness Survey

Let us know what formats, days, and
times you would be interested in!

Group Fitness Class Descriptions

Strength & Tone - Jump into this strength and cardio class, where high-rep exercises and cardio intervals are tailored to sculpt muscles, boost endurance, and enhance overall fitness. Led by certified instructors in a supportive environment, these modifiable workouts accommodate individuals of all fitness levels. Even though no two classes will be the same, you can count on leaving sweaty and smiling!

Yoga - Step onto your mat and find harmony of mind and body through a variety of postures and flows of yoga, in a welcoming environment where everyone is encouraged to move at their own pace and embrace their unique practice. Cultivate strength, flexibility, and inner peace as our experienced instructors guide you with mindful attention to alignment and breath awareness.

Wellness Walk Wednesday - Come together for weekly outdoor walks through the stunning parks and architecture of downtown Cincinnati, open to all employees sitting at 191 Rosa Parks, regardless of employer or fitness center membership status. Designed to get you away from your desk for a replenishing dose of movement, sunshine and fresh air, these walks are sure to leave you ready to tackle to second half of the week head on. There will be two sessions offered each Wednesday, depending the level of activity you wish to participate in:

Social - This leisurely stroll through our community is perfect for anyone looking to to unwind, enjoy the outdoors, and connect with fellow building members, without the inconvenience of needing to change from work attire. While pace will be kept comfortable for all, participants are highly encouraged to wear comfortable walking shoes and bring water to stay hydrated.

Sweat - This equipment-free session is sure to have you leaving drenched in sweat with muscles burning and heart pumping. By turning the pace up to a jog or run, and mixing in some intervals of bodyweight exercise and plyometrics, this session is ideal for those looking for a full body strength and cardio workout. Participants are highly encouraged to wear fitness appropriate clothing and shoes, and bring water to stay hydrated.

Group fitness classes are FREE to members of the Fitness Center at the Banks. A \$5 pass for daily entry may be purchased for non-members wishing to attend.

Wellness Walk Wednesday classes are free and open to all building employees. No fitness center membership required.