

# Fitness Center at the Banks

## Group Fitness Schedule

### Fall / Winter 2024 (Effective 10/1/24)



<b>Monday</b>						
<b>Tuesday</b>		12:30pm-1:15pm <b>Strength &amp; Tone</b> Jared			1:30pm-2:15pm <b>Yoga</b> Anele	2:30pm-3:15pm <b>Therapeutic Breathwork</b> Anele
<b>Wednesday</b>		12:15pm-12:45pm <b>Wellness Walk</b> Wednesday - Social Jared		1:00pm-1:30pm <b>Wellness Walk</b> Wednesday - Sweat Jared		
<b>Thursday</b>		12:30pm-1:15pm <b>Strength &amp; Tone</b> Jared				
<b>Friday</b>						

#### Schedule Notes for Fall / Winter 2024

- Yoga and Breathwork will be CANCELLED on Tuesday Oct. 1
- There will be NO classes on:
  - Thursday Nov. 28 (Thanksgiving)
  - Tuesday Dec. 24 - Thursday Dec. 26 (Christmas)
  - Tuesday Dec. 31 - Thursday Jan. 2 (New Years)

## 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.

**Therapeutic Breathwork** - Immerse yourself in a transformative experience that blends the serenity of meditation, the revitalizing power of breath work, and the fluid movements of qigong. Discover inner peace, enhance your energy flow, and nurture your overall well-being in a supportive and inspiring community atmosphere. Whether you're seeking relaxation, rejuvenation, or a deeper connection with yourself, this class offers a holistic approach to fitness that uplifts both body and spirit.

**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 the second half of the week head on. There will be two sessions offered each Wednesday, depending on the level of activity you wish to participate in:

**Social** - This leisurely stroll through our community is perfect for anyone looking 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.\**