

## Group Fitness Schedule - Summer 2025

(Eff: 6/16/25)

Monday	Tuesday	Wednesday	Thursday
12:00 - 12:45 PM <b>Spin</b> Lacey	12:30 - 1:15 PM <b>Strength &amp; Tone</b> Jared	12:30 - 1:00 PM <b>Outdoor Walk</b> Fitness Staff	12:30 - 1:15 PM <b>Strength &amp; Tone</b> Jared
		3:30 - 4:15 PM <b>Yoga</b> Lacey	



### Group Fitness Survey

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

### Group Fitness Class Descriptions

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.

**Outdoor Walk** - 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 rest of your week head on.

*\*Outdoor Walk classes are free and open to all building employees. No fitness center membership required. \**

**Spin** – Clip in and ride through our heart-pumping, rhythm-driven cycling experience designed to challenge your endurance, boost your strength, and leave you feeling unstoppable. Whether you’re a beginner or a seasoned rider, this dynamic session will push you through sprints, climbs, and high-intensity intervals, all set to an electrifying playlist to keep you motivated.

**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.