



January/February 2021

Group Fitness/Spinning/Yoga Schedule

This schedule starts January 10, 2021

Build your own fitness regimen-achieve your fitness goals! Commit to be Fit!

Health starts here.

Cardio	Strength	Mind/Body	Spinning	SilverSneakers
--------	----------	-----------	----------	----------------

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am Spinning CH	5:00 am Spinning EC	5:45 am *Greatest HIITS CA	5:00 am Spinning EC	8:45-9:30 am Spinning & Abs JS	5:00 am Spinning EC	8:00 am Spinning CH
10:00 am Weekend Warrior KK	8:30-9:15 am Muscle Mix JS	8:45-9:30 am Spinning JS	8:45-9:15 am Spinning Express LW	10:15-11:00 am Body & Balance MS	6:30 am *Greatest HIITS CA	9:00 am Spinning CH
	8:45-9:15 am Spinning Express LW	10:15 - 11:00 am Body & Balance JH	9:15 am Booty Camp JH		8:45 am Spinning JS	9:00 am *Greatest HIITS CA
	10:30 am Yoga Fit MS		10:30 am Hatha Yoga DB			9:30 am Yoga Fit SW
	5:30 pm Step/Strictly Strength RT	5:30 pm Just Weights KK	5:15 pm Step/Strictly Strength RT	5:30 pm Tabata KK		
	5:30 pm Spinning DK	6:30 pm Zumba BD	5:30 pm Spinning DK			
	6:30 pm Spinning LK		6:00 pm *Greatest HIITS CA			
			6:30 pm Vinyasa Flow JJ			
			6:30 pm Spinning DK			

Please remember to social distance and bring your own mat to class. If you are sick, please refrain from coming to class.

As a reminder, you will need to call 24 hours in advance to sign up for classes.

*Class held on Court 1/Greatest HIITS-Members \$10/Non-members \$12

Spinning classes are 45 minutes unless noted

All group fit/yoga classes are 1 hour unless noted

Walk-in rate \$15/person for all yoga/group fit/spin classes

Instructor subject to change

Western Athletic Club
Cincinnati, OH 45238

513-451-4233
www.westernafc.com