



September 2021

Group Fitness/Spinning/Yoga Schedule

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
10:00 am Weekend Warrior KK	5:15 am Spinning EC	8:45 am Spinning JS	5:15 am Spinning EC	8:45 am Spinning & Abs JS	5:15 am Spinning EC	8:00 am Spinning DK
	8:30-9:15 am Muscle Mix JS	10:30 - 11:15 am Body & Balance JH	8:45-9:15 am Spinning Express LW	10:30-11:15 am Body & Balance MS	6:30 am *Greatest HIITS CA	8:00 am Just Weights GD
	8:45-9:15 am Spinning Express LW		9:15 am Booty Camp JH		8:45 am Spinning JS	9:00 am Spinning EC
	10:00 am Yoga Fit SG		10:30 am Hatha Yoga MF		10:30 am Hatha Yoga MF	10:00 am Yoga Fit SW
						10:00 am TRX EC
	5:30 pm Step/Strictly Strength RT	5:30 pm Just Weights KK	5:15 pm Step/Strictly Strength RT	5:15 pm Tabata KK		
	5:30 pm Spinning DK	6:00 pm TRX EC	5:30 pm Spinning DK	6:30 pm Spinning DK		
	6:30 pm Spinning LK	6:30 pm Zumba BD	6:00 pm *Greatest HIITS CA	6:30 pm Just Weights GD		
	6:30 pm Pilates LS		6:30 pm Hatha Yoga BG			

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 can sign up for classes 7 days in advance using the Court Reserve app.

*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 \$20/person for all yoga/group fit/spin classes

Instructor subject to change

Western Athletic Club
Cincinnati, OH 45238

513-451-4233
www.westernafc.com

