



October 2020

Group Fitness/Spinning/Yoga Schedule

Build your own fitness regimen-achieve your fitness goals! Commit to be Fit!
Western has it all for you....

Cardio	Strength	Mind/Body	Spinning	SilverSneakers		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am Spinning CH	6:30-7:15 am Cardio Boot Camp DK	5:45 am *Greatest HIITS CA	5:00 am Spinning EC	6:30 - 7:15 am Boot Camp DK	5:00 am Spinning EC	8:00 am Spinning CH
10:00 am Weekend Warrior KK	8:45-9:15 am Spinning Express LW	9:15 am Spinning JS	8:45-9:15 am Spinning Express LW	9:15 am Spinning & Abs JS	5:45 am *Greatest HIITS CA	8:15 am Jump Start GD
	9:15 am Muscle Mix JS	10:15 am Pilates JS	9:15 am Booty Camp JS/JH	10:15-11:00 am SilverSneakers Classic MS	9:15 am Spinning JS	9:00 am Spinning CH
	10:30 am Yoga Fit SG	11:30am- 12:15pm SilverSneakers Classic JH	10:30 am Hatha Yoga DB		10:15 am Pilates JS	9:00 am *Greatest HIITS CA
						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 SG/SW			
			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 to sign up for classes.

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

Spinning classes are 45 minutes unless noted-Sign-up 24 hours in advance

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

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