

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	Low Impact	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 am Weekend Warrior KK	8:45-9:30 am Morning Boost JS	8:45-9:15 am Spinning Express JS	5:15 am Spinning EC	8:45-9:15 am Spinning Express JS	5:15 am Spinning EC	8:00 am Total Body Workout DK
	8:45-9:15 am Spinning Express LW	10:30 - 11:15 am Body & Balance KW	8:15-9:00 am Morning Boost JS	9:15-10:00 am TRX LW	8:45-9:30 am Morning Boost JS	8:00 am Spinning EC
	10:30 am (new time 10am starts 5/15) Yoga Fit MS/SG		8:45-9:15 am Spinning Express LW	10:30-11:15 am Body & Balance MS	10:30 am Hatha Yoga MF	9:00 am Spinning DK
			9:15-10:00 am Pilates LS			9:00 - 9:45 am TRX EC
			10:30 am Hatha Yoga MF			10:00 am Yoga Fit SW
	5:00 pm Pilates LS	4:15 pm Myofascial Release Therapy RS	5:15 pm *Greatest HIITS CA	5:00 - 5:45 pm TRX EC		
	5:30 pm Spinning DK	5:30 - 6:15 pm Just Weights KK	5:15 pm Myofascial Release Therapy RS	5:15-6:00 pm Tabata KK		
	6:30 - 7:15 pm Strengthen & Sculpt BV	5:30 - 6:15 pm TRX EC	5:30 pm Spinning DK	6:15 pm Spinning DK		
	6:30 pm Spinning LK	6:30 pm Spinning KK	6:30 - 7:00 pm Strength Training Express DK			
		6:30 - 7:15 pm Vinyasa Yoga RS				

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

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www.westernafc.com