Group Fitness

AUGUST 2017

The Club at Harper's Point 513.489.9700

Classes highlighted in RED are at a new time and/or format effective Aug. 1st !!

Join us for "HOT" YOGA by the pool!

Saturday, August 26th

9:35 – 10:35 am!!

Instructor: LIZ

(rain will move it to the indoor aerobics studio)

The 11am water aerobics is off the schedule as of Aug. 1st.

Mondays

Time	Class	Instructor
8 – 9 am	*Pilates*	MOE
9:45 – 10:45 am	*Peak Physique*	DEIA
5:30 – 6:30 pm	*Yoga*	ERIN

Tuesdays

Time	Class	Instructor
6 – 7 am	*Movers 'n Shakers*	LISA
8:15 – 9:15 am	*Hard Core*	DEIA
9:15 – 10:15 am	*CRT*	DEIA
(No 11am water aerobics in August)		
5 – 6 pm	*Yoga*	LIZ

Wednesdays

Time	Class	Instructor
6 – 7 am	*Tabata*	MOE
8 – 9 am	*Peak Physique*	TAMMY
9:35 – 10:35 am	*Yoga*	ERIN
6 – 6:30 pm	*Hard Core 30*	PATTIE
6:30 – 7:30 pm	Water Aerobics	JULIE

Thursdays

Time	Class	Instructor
6 – 7 am	*Strictly Strength*	MOE
8:15 – 9:15 am	*Tabata*	DEIA
9:15 – 10:15 am	*Bootcamp*	DEIA
11 – 11:50 am	*Water Aerobics*	DEIA
5 – 6 pm	*Yoga*	LIZ
6:30 – 7:20 pm	*Spin*	CHIP

Fridays

Time	Class	Instructor
6 – 6:50 am	*Spin*	PATTIE
8 – 9 am	*Strictly Strength*	DEIA
9:05 – 10:05 am	*Intervals*	DEIA
10:10 – 11:10 am	Yoga	LIZ

Saturdays

Time	Class	Instructor
8:30 – 9:30 am	*Tabata*	MOE
9:35 – 10:35 am	*Yoga*	LIZ
10:45 – 11:35 am	Water Aerobic	DEIA/JULIE

Sundays

Time	Class	Instructor
8:30 – 9:30 am	Bootcamp	DEIA

BELIEVE IN YOURSELF.