



ARCC Group Exercise Schedule



Group Exercise Calendar Available Online- <https://www.auroraparksandrec.org/group-fitness-calendar>

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am	Full Body Bootcamp Misti		Full Body Bootcamp Misti		Full Body Bootcamp Misti	
9:00 am	Group Strength Sheila	Yoga Flow Karen/Sheila	Step & Tone Deena	Group Strength Sheila	Step & Tone Deena	Group Strength Jennifer/Beth V.
10:00 am						Yoga Flow Stephanie
10:15 am	Gentle Yoga Sheila	Dancing to the Oldies <u>Starts Sept. 3rd</u> Karen	Beginning Strength Beth W.	Gentle Yoga Sheila		
11:00 am	Parkinson's Fitness Kaitlin				Parkinson's Fitness Kaitlin	
11:15 am			Cincinnati Ballet Moves for Parkinson's <u>Sept. 4th- Oct. 23</u>			
5:30 pm	Group Strength <u>Starts Sept. 9th</u> Nancy					
7:00 pm		Tai Chi Gary		Tai Chi Gary		





ARCC Group Exercise Descriptions

Beginner Strength

Strength and stretch combined in one class for the senior member needing better flexibility, stability, and stamina. Experience the workout from a modified seated position.

Cincinnati Ballet

CB Moves for Parkinson's

Offered Sept. 4th-Oct. 23rd

Cincinnati Ballet's Otto M. Budig Academy is thrilled to introduce CB Moves for Parkinson's, a specialized dance class series designed uniquely for persons with Parkinson's and their loved ones. Our expert faculty use movement and music to stimulate the body and mind, providing a supportive forum for fitness, expression and community for participants of all ages.

Dancing to the Oldies

This low impact but high energy class will have your heart pumping and your body moving. Music of the 60's and 70's, will keep your feet dancing to the beat of the music. Simple movements at an active pace will lift your spirits and improve your mood! Tuesday morning class will resume on September 3rd.

Full Body Bootcamp

Be Fit. Be Healthier. Be the best version of YOU!
All levels are Welcome!

Gentle Yoga

Not designed to be a Yoga Flow or Ashtanga Yoga, yin yoga focuses on gentle but maximum stretching with controlled breathing for optimal flexibility and mobility.

Group Strength

Group Strength is a high impact class that combines traditional strength exercises with weight training. This high-rep, result driven workout, produces a total body training session. Add to the class the dynamic and motivational music, it simply is the most fun you'll have while training hard. Monday night class will resume on September 9, 2024.

Parkinson's Fitness Class

The Parkinson's class is for those living with Parkinson's disease and family members/care givers. This class will include aerobic, strength, balance, multitasking and flexibility for a complete workout.

Step & Tone

A class beneficial to anyone, modifications will be demonstrated for every movement! This class is a combination of high and low intensity movements while incorporating equipment such as hand weights, body bars, bands and ankle weight.

Tai Chi

This class appeals to people who are not looking for overly stressful exercises. Excellent for senior citizens focusing on increased strength, balance and flexibility. This class studies the movements of Tai Chi for exercise. It offers the benefits of physical and mental wellbeing.

Yoga Flow

A class for all ages and fitness levels, with modifications introduced. This class works with yoga poses, alignment techniques, focused breathing and meditative practices.

