

## Rules & Policies

- All users must be 16 years of age or older to use the fitness center without restriction.
- After a mandatory Orientation users ages 14 and 15 may use the fitness center without restriction.
- After a mandatory orientation, users ages 10 to 13 may use the fitness center under the supervision of an adult (16+).
- Food and beverages are not permitted. Water in plastic bottles only.
- During peak usage times, cardio equipment will be available on a first come, first served basis, and a time limit of 30 minutes will be observed.
- Users are required to clean equipment after use with paper towels and OSHA recommended cleaner provided.
- Proper athletic shoes and clothing are required at all times.
- Ask for assistance if you do not know how to use the equipment.
- Please report any facility-related injury, or equipment irregularity to a staff member on duty.
- Climbing wall is accessible through fitness center but requires an orientation. Fitness Center age restrictions apply. See "Climbing Wall" section of this brochure for more information.

### Fitness Center Staff



**Dan  
Guthrie**



**Kaitlin  
Smith**



**Tim  
Ritterbach**



**Maggie  
Smith**



**Jacob  
Howell**



**Mike  
Severence**



**Alex  
Niemann**



**Trevor  
Day**

### Fitness Center Regular Hours

(Non Summer Hours)

Monday - Thursday . . . . . 6:00am - 10:00pm

Friday . . . . . 6:00am - 9:00pm

Saturday . . . . . 8:00am - 6:00pm

Sunday . . . . . 10:00am - 4:00pm

### Fitness Center Summer Hours

(Memorial Day Weekend through Labor Day)

Monday - Friday . . . . . 6:00am - 9:30pm

Saturday . . . . . 8:00am - 8:30pm

Sunday . . . . . 10:00am - 6:30pm

BLUE ASH RECREATION CENTER

## Fitness and Wellness



4433 Cooper Road  
Blue Ash, OH 45242  
Phone: 513-745-8550  
Fax: 513-745-8527  
Web: [www.blueash.com](http://www.blueash.com)

## Free Member Services

### Fitness Center Orientations

This 45 to 60 minute session is designed to introduce you to our equipment and the basic components of exercise. It will include completion of a workout card in which our fitness staff will note seat heights and other information for your future use. Orientations are given by appointment only. To schedule an orientation call Kaitlin Oelker, Fitness Center Manager, at 745-8435. New members are encouraged to take advantage of this **FREE** service. Please note that anyone under the age of 16 is required to complete an orientation before using the fitness center.

### Incentive Programs

We offer multiple incentive programs through the year to keep you motivated during your workouts. Check the Fitness Center "Fitness News" bulletin board for upcoming incentives as well as other Fitness & Wellness info.

### Climbing Wall

Fitness Center Members may utilize the bouldering portion of the climbing wall through the Fitness Center at no charge unless it is "closed" for Open Climb (see Open Climb Hours below). An **ORIENTATION** is required for all users before being able to climb (in any capacity). Orientation are offered during Open Climb Hours (free and takes about 20 minutes). Members will receive a climbing certification card that they must have on them in order to climb. All Fitness Center rules and posted Climbing Wall Rules apply including age limitations and restrictions.

#### **Open Climb Hours (staffed hours)**

Fees Apply—call 745-8550 for more info.

Monday - Friday	5:30pm-8:30pm
Saturday	11am-4pm
Sunday	Closed

## Personal & Small Group Training

### Personal Training

One of our nationally certified personal trainers will design a specialized program and work one on one with you in order to help you attain your personal goals. First you will need to schedule an initial consultation. The consultation consists of a meeting in which we will establish your fitness goals, and run you through a series of assessments. Before you first "hands on" training session your personal trainer will use the information acquired during the initial consultation to design a program to help you meet your goals. Individual trainer information and fees are available at [www.blueash.com](http://www.blueash.com) or by picking up a Personal Training Brochure at the Recreation Center. Please directly contact the trainer that you think will be the best fit for your needs to set up an appointment.

#### **Personal Training Fee Ranges**

<b>Initial Consultation</b>	<b>\$50 per individual</b>
<b>Individual</b>	<b>\$30-\$50/hr</b>
Individual ½ Hour	\$20-\$30 per ½ hour
Group (2 or more)	\$20-\$30/hr per person

### Small Group Training

Looking for a cheaper alternate to personal training but a more personalized approach than a group fitness class? Our Group Training Classes could be just what you are looking for. This is perfect for a group of co-workers or friends that all want to work together to achieve their fitness goals. Trainers will offer different types of Group Training Classes throughout the year and information on the classes being offered and when they will be can be obtained at [www.blueash.com](http://www.blueash.com) or by checking out the "Fitness News" board in the Fitness Center. Contact the trainers individually to sign up for a session. If you already have a group of people together and you would like to start your own session then contact the trainer of your choice to see about setting something up.

## Group Fitness and Other Programming

### Group Fitness Classes

We offer a variety of group fitness classes for ages 13 and up. The following fees apply to the classes listed below when you purchase one of our Group Fitness class passes. Class times and instructor information are available at [www.blueash.com](http://www.blueash.com) or by picking up a Group Fitness Classes and Programs Pamphlet at the Rec Center. **Pass Fees** - Single-Class Pass: \$6, Unlimited 30-Day Pass: \$35, Unlimited 4-Month Pass: \$120  
Mommy & Me Stroller Exercise, Cardio Core, Power & Endurance (P.E.), Hoop Dance, Sports Conditioning, Zumba, and Circuit Training.

### Mind/Body Classes

We offer a variety of mind and body classes for all ages and ability levels. The following fees apply to the classes listed below when you purchase one of our Mind & Body class passes. **Pass Fees** - Single-Class Pass: \$10, Unlimited 30-Day Pass: \$70, Ten Class Pass: \$80  
Hatha Yoga, Tai Chi, Group Cycling.

### Other Fitness Options

**Karate** - Instructor - Mr. Robert Mairose, 377-0136  
WEB - [www.cincinnati-shuri-ryu.com](http://www.cincinnati-shuri-ryu.com)  
**Taekwondo** - Instructor - Master Gaines, 729-1487  
WEB - [www.ohiotkdacademy.com](http://www.ohiotkdacademy.com)  
**Jazzercise** - Instructor - Sharon Struewing, 934-1259  
WEB - [www.jazzercise.com](http://www.jazzercise.com)

Visit [www.blueash.com](http://www.blueash.com) for more detailed information.