



## GROUP FITNESS CLASS PASSES

We offer a variety of group fitness classes for ages 13 and up. Class descriptions are provided below for the classes that are included when you purchase one of our group fitness class passes. Our classes are taught by our in-house fitness staff.

**Pass Fees: Single-Class: \$6, Unlimited 30-Day Pass: \$35, Unlimited 4-Month Pass: \$120**

### Cardio Core

This 45 minute cardio session will help you trim excess fat and sculpt the mid-section you've always wanted. Emphasis will be placed on strengthening and toning of the abdomen, butt, hips and lower back.

### Circuit Training

A cardio, strength, and flexibility class focused on providing participants with a balanced total body approach to fitness. This class is a great way to break up the monotony of your "normal routine" and learn new exercises in a group atmosphere.

### Sports Conditioning

This total body workout provides a high intensity approach, but maintains a "work at your own pace" attitude that is suitable for all levels of fitness. Workouts will vary and consist of exercises such as sprints, crunches, jump rope, and many others.

### Mommy & Me Stroller Exercise

Mommy and Me Stroller Exercise is a fitness program for new moms or dads and their babies. Each class offers a 60-minute workout that gives new Moms and Dads the opportunity to get into shape, while at the same time bond with their babies and make new friends.

**Blue Ash Recreation Center**  
745-8550  
www.blueash.com

### Cardi Yoga

Get a great cardio workout and follow it up with a yoga segment. The perfect combination for a complete mind/body workout! *No previous yoga experience necessary.* (beginner – advanced)

### Cardio Kickboxing

Jab, cross, hook, and kick your way into shape with this high energy 45 minute class which involves high repetition movements that burn calories and increase muscle tone. It concentrates on the use of core stability to develop good posture and internal muscular strength.

### BOSU Blast

This 45 minute class utilizes BOSU ballast balls and balance trainers to maximize your cardio-respiratory, strength, and flexibility gains. This class focuses on core strength and is great for improving balance and core stability.

### Boot Camp

Calisthenics based class designed to motivate and build confidence. A "no nonsense" approach to fitness that goes back to the basics and gets great results. Be prepared to work hard, be challenged, and have a great time!

### Zumba

Zumba fuses Latin and international music and dance themes together for a great, dynamic, and effective fitness class. The routines combine fast and slow rhythms that tone, sculpt, and inspire!

## MIND & BODY CLASS PASSES

We offer a variety of mind and body classes for all ages and ability levels. Class descriptions are provided below for the classes that are included when you purchase one of our Mind & Body class passes.

**Pass Fees: Single-Class: \$10, Unlimited 30-Day Pass: \$70.**

### Hatha Yoga

Learn a beginner level yoga practice that develops core strength, alignment, and balance. Discover the simple techniques that relieve tension and stress. Experience the mind/body connection that promotes health and well-being.

### Qigong

Working with the life energy to improve the health and harmony of mind and body. Qigong (chee-gong) is a holistic system of self healing and meditation that anyone can practice. This is also a way to integrate mind, body and spirit into your physical training.

### Tai Chi

Tai Chi is made up of slow movements and breathing exercises. Designed to allow chi, or energy, to flow freely throughout the body, Tai Chi will improve balance, health, awareness, agility, and coordination.

### Pilates

This mat class is a series of stretching and strengthening exercises developed over 90 years ago by Joseph H. Pilates. It is designed to strengthen and tone muscles (particularly the muscles of the abdominal area, back, hips, and buttocks), improve posture, provide flexibility, and improve balance. Designed for ALL fitness levels and age groups!

### HOOP DANCE by Shine Yoga Center

Hoop dance is a feel-good fitness class that puts a smile on your face while taking inches off your waist! You will learn to move and dance with the hoop on your waist, arms, hips, chest, and thighs. Hooping tones the core, helping you feel stronger, energized, and centered. No fitness experience needed. Loaner hoops are available or you may purchase one from the instructor for \$30.

### Power Yoga

A fast paced class that challenges your flexibility, strength, balance and coordination.

### Vinyasa Flow Yoga

A moderately paced yoga flow connecting movement and breath. Stretch and strengthen all your major muscle groups. Beginners welcome!

# Quick Reference Program Guide WINTER/SPRING 2010

## JAZZERCISE

Jazzercise is a total-body conditioning program. Certified instructors provide easy-to-follow cues and safety reminders. Classes combine a warm-up and aerobic segment, a muscle-toning segment, and stretching to give you a complete workout.

### CLASS SCHEDULE

Day	Time
M - SAT	9:30 - 10:30 AM
M/W	6:00 - 7:00 PM
T/TH	4:30 - 5:30 PM
W/F	6:15 - 7:15 AM
TUE ( <i>body sculpting</i> )	6:00 - 7:00 PM
THUR ( <i>step</i> )	6:00 - 7:00 PM
SAT ( <i>body sculpting</i> )	8:30 - 9:15 AM
SUN	10:30 - 11:30 AM

### PASS FEES PAYABLE TO INSTRUCTOR

Single Class Pass: \$10  
Monthly Pass (EFT): \$36  
2-Month Unlimited Pass: \$92

**INSTRUCTOR:** Sharon Struewing, 934-1259  
**WEB:** [www.jazzercise.com](http://www.jazzercise.com)

## TAEKWONDO KOREAN MARTIAL ARTS (5 years +)

This form of Martial Arts is a versatile style of self-defense. The primary focus is the physical and mental development of each student. The students will develop balance, flexibility, power, endurance, self-respect, self-confidence, perseverance, and leadership skills. Classes are taught by certified Black Belt instructors, Master Troy Gaines - 5th degree Black Belt and owner of Ohio Taekwondo Academy and his son Mr. Troy Gaines - 3rd degree Black Belt. Master Gaines has over 18 years of experience.

**SESSION:** Monthly (indicate which month(s) at time of registration).

Level	Day	Time
Beg.	TU/TH	6:00 - 7:00 PM
Int.-Adv	TU/TH	6:00 - 7:30 PM

### PASS FEES PAYABLE TO INSTRUCTOR

**Monthly Pass:** \$50 (Family Discount: \$45 per student for 3 or more family members)  
**3-Month Pre-Pay Pass:** \$135 (includes uniform)  
Uniform: \$24.99

**INSTRUCTOR:** Master Gaines, 729-1487  
**WEB:** [www.ohiotkdacademy.com](http://www.ohiotkdacademy.com)

## KARATE (6 years +)

Shuri-Ryu is authentic karate for the purpose of self-defense. The class offers traditional martial arts instruction that fosters courtesy and respect. Instruction includes life skills, martial arts skills, discipline, and listening. Mental rewards include patience, confidence, and self-esteem. Cincinnati Shuri-Ryu is a nationally registered and recognized school.

Day	Level	Time
Wed	Beginners	5:30 - 7:00 PM
Wed	Black Belts/Adults	7:30 - 8:30 PM
Fri	All Levels	6:00 - 7:30 PM

**PASS FEES: \$55 Monthly** (Family Discount: \$55 for first student, \$40 for each additional family member)  
3-Month Pre-Pay Pass: \$150

**INSTRUCTORS:** Mr. Robert Mairose, 377-0136  
**WEB:** [www.cincinnatiashuri-ryu.com](http://www.cincinnatiashuri-ryu.com)

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## ADULT SELF-DEFENSE CLASSES (18 years +)

Learn how to protect yourself against an attacker. This class is based on the Korean based self-defense system called Taekwondo.

**PASS FEES:** \$50 monthly  
Tuesdays & Thursdays 11:30a-12:30p

**Instructor:** Master Troy Gaines (729-1487)  
**WEB:** [www.ohiotkdacademy.com](http://www.ohiotkdacademy.com)

## TIPPI TOES (Ages 3 - 5)

Tippi Toes Dance Company was voted the Best Dance Company in Cincinnati and offers high-energy, kid-friendly and positive dance classes that incorporate ballet, tap and jazz! The positive and encouraging environment will help all children grow and develop a love for dancing, friends and music! Join the fun of Tippi Toes anytime!

Day	Time	Session
THUR	9:45 - 10:30 AM	monthly

**FEE:** \$45 monthly (\$30 1-time registration fee payable to instructor)

**INSTRUCTOR:** Tippi Toes, 578-1280  
**WEB:** [www.tippitoesdance.com](http://www.tippitoesdance.com)

## ADULT LEAGUES

For registration forms and additional information, contact Brian Kruse at 745-8570 or [bkruse@blueash.com](mailto:bkruse@blueash.com)

Spring Leagues Registration	Season Begins	League offered
Basketball	Feb. 22—Mar. 5 April 5 or 7	Men's Rec., Comp., 30 and Over (M,W)
Men's Softball	Feb. 22—Mar. 5 April 6	Competitive and Recreational
Co-Rec Softball	Feb. 22—Mar. 5 April 9	Competitive and Recreational
Co-Rec Soccer	Feb. 22—Mar. 5 April 7	Open
Dodgeball	Feb. 22—Mar. 5 April 8	Open