



Group Fitness Manager

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Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
06:00 - 06:50 a - Kelly M. Club Circuit	06:00 - 06:45 a - Missy Club Spin	06:00 - 06:50 a - Allana Club Circuit	07:00 - 07:50 a - Heidi (sub) Club Spin	08:00 - 08:50 a - Elizabeth Club Spin	06:00 - 07:00 a - Kelly M. Body Pump	09:00 - 10:00 a - Allana (sub) BARRE Sculpt
06:00 - 06:45 a - Kelly B. (sub) Club Spin	06:00 - 07:00 a - Tiffany New! BARRE	06:00 - 06:45 a - Ben Club Spin	08:00 - 09:10 a - Katy M. (sub) Club Pump	09:00 - 09:30 a - Elizabeth New! Max Out	06:00 - 06:45 a - Jenny Club Spin	09:00 - 09:50 a - Erik Club Spin
08:15 - 09:10 a - Pete Club Spin	08:00 - 09:00 a - Karrie YOGA II	08:15 - 09:10 a - Gerry Club Spin	08:00 - 09:00 a - Robert Intro to Spin - Held June 17th	09:30 - 10:30 a - Heather M. Club Kickboxing (B)	08:15 - 09:10 a - Karoll Club Spin	09:15 - 10:15 a - Adi (rotation) Club Circuit
09:00 - 09:55 a - Karoll Splash I	09:05 - 10:05 a - Donna BARRE Sculpt	09:00 - 10:00 a - Karoll (sub) Splash I	08:00 - 09:00 a - Stacy YOGA II	09:30 - 10:30 a - Katy M. Dance Fusion	09:00 - 09:55 a - Jenn (sub) Splash I	10:00 - 11:00 a - Sherry (sub) Splash II
09:15 - 10:15 a - Pete Club Circuit	09:15 - 10:15 a - Amber Club Circuit	09:15 - 10:15 a - Allana Cardio Circuit	09:05 - 10:05 a - Stacy YOGA II	11:00a - 12:00 p - Sherry (sub) Body Pump	09:15 - 10:15 a - Kim D. Body Pump	10:15 - 11:15 a - cancelled for July Club Kickbox
10:00 - 11:00 a - Jenn Barre	10:00 - 11:00 a - TBA Splash II	10:00 - 11:00 a - Anne J. BARRE Circuit	09:15 - 10:05 a - Kim B. Club Spin	12:15 - 01:15 p - Andrea Yoga II	09:30 - 10:15 a - Maggie Club Spin	10:30 - 11:30 a - Lindsey (sub) Body Pump
10:00 - 11:00 a - Karoll Splash II	10:15 - 11:15 a - Paula (sub) Age Defyng	10:00 - 11:00 a - Karoll (sub) Splash II	09:15 - 10:15 a - Katy M. (sub) Dance Fusion	04:00 - 04:55 p - Erik Club Spin	09:30 - 10:30 a - Sydney (sub) Outdoor Circuit	
10:15 - 11:15 a - Lynda (sub) Mat Pilates	10:15 - 10:45 a - Sue Spin Xpress	10:15 - 11:15 a - Jenn (sub) Mat Pilates	10:00 - 11:00 a - Sherry (rotation) Splash II	04:00 - 05:00 p - Michael Yin Yoga	10:00 - 11:00 a - Jenn Splash II	
11:30a - 12:30 p - Michael S. Yoga	10:45 - 11:15 a - Sue Circuit Xpress	11:20a - 12:05 p - Sandy Zumba	10:15 - 11:15 a - Lynda Mat Pilates	05:15 - 06:15 p - Michael Yin Yoga	10:15 - 11:15 a - Lynda Mat Pilates	
12:15 - 01:00 p - Kelly B. (sub) Club Spin	11:00a - 12:00 p - Heather S. Circuit in The Round	11:30a - 12:30 p - Michael Yin Yoga	10:30a - 11:20 p - Heidi (sub) Club Spin		10:30 - 11:30 a - Kim D. Zumba	
04:30 - 05:30 p - Lindsay Body Pump	11:30 - 12:30 a - Katie Yoga I	12:15 - 01:15 p - DVD training Club Spin	11:15a - 12:15 p - Sherry Body Pump		12:00 - 01:00 p - Jenn (sub) BARRE	
05:45 - 06:30 p - Amber Club Circuit	12:00 - 12:45 p - Heather S. AQ Arthritis	05:30 - 06:20 p - Erik TGIF Spin			12:15 - 01:00 p - Kim B. Club Spin	
06:00 - 07:00 p - Anne BARRE	12:30 - 01:30 p - Sherry Body Pump				05:30 - 06:20 p - Pete Club Circuit	
06:00 - 07:00 p - Claire Splash II	05:30 - 06:20 p - Lindsey S. New! PiYo				06:00 - 07:00 p - Sherry AQ Boot Camp	
06:30 - 07:15 p - Heather M. Club Kickbox	05:30 - 06:30 p - Sydney Outdoor Circuit				06:00 - 06:45 p - Missy Club Spin	
06:30 - 07:25 p - Erik Club Spin	06:00 - 06:50 p - Sonia Club Spin				06:15 - 07:00 p - Brigida (sub) New! BARRE	
07:15 - 08:15 p - Michael S. Yin Yoga	06:30 - 07:30 p - Heather M. Body Pump				06:30 - 07:30 p - Katy M. New! Dance Fusion	
	07:15 - 08:15 p - Andrea Yoga II				07:15 - 08:15 p - Trisha YOGA II	
					08:00 - 08:45 p - Monica Club Spin	
Group Training Classes (fee associated)						
05:30 - 06:30 a - Steve Boot Camp	05:30 - 06:30 a - Steve Boot Camp	05:30 - 06:30 a - Steve Boot Camp	09:30 - 10:30 a - Angie Pilates Reformer Group	12:00 - 01:00 p - Emily Pilates Reformer Group	05:30 - 06:30 a - Steve Boot Camp	05:30 - 06:30 a - Steve Boot Camp
09:00 - 10:00 a - Lynda Pilates Reformer Group	09:00 - 10:00 a - Anne Pilates Reformer Group	06:00 - 07:00 a - Anne Pilates Reformer Group			09:30 - 10:30 a - Steve Boot Camp	09:30 - 10:30 a - Steve Boot Camp
09:30 - 10:30 a - Steve Boot Camp	09:30 - 10:30 a - Steve Boot Camp	09:00 - 10:00 a - Lynda Pilates Reformer Group			12:00 - 01:00 p - Steve Boot Camp	12:00 - 01:00 p - Steve Boot Camp
10:00 - 11:00 a - Kim T. Pilates Reformer Group	10:00 - 11:00 a - Katie Pilates Reformer Group	09:00 - 10:00 a - Claire Team Training			05:00 - 06:00 p - Katie K. Pilates Reformer Group	
12:00 - 01:00 p - Steve Boot Camp	12:00 - 01:00 p - Steve Boot Camp	09:30 - 10:30 a - Steve Boot Camp			06:00 - 07:00 p - Ed Feldhaus Taekwondo	
12:00 - 01:00 p - Angie Pilates Reformer Group	05:00 - 06:00 p - Lynda Pilates Reformer Group	10:00 - 11:00 a - Emily Pilates Reformer Group				

06:00 - 07:00 p - Emily Pilates Reformer Group	06:30 - 07:30 p - Anne Pilates Reformer Group	11:30 a - 12:30 p - Katie Pilates Reformer Group				
	07:30 - 08:30 p - Angie Pilates Reformer Group	12:00 - 01:00 p - Steve Boot Camp				