

- = Water Class
- = Land Class

# The Connection at Twin Towers



Sun Closed	Mon 7am - 7pm	Tue 7am - 5:30pm	Wed 7am - 7pm	Thu 7am - 5:30pm	Fri 7am - 5:30pm	Sat 8am - 12:30pm
	Liquid Essence 9:00am (Pool)	Aqua Pilates 9:00am (Pool)	Liquid Essence 9:00am (Pool)	Aqua Yoga 9:15am (Pool)	Aqua Pilates 9:00am (Pool)	
		Super Seniors 9:30am (Hader Room)		Super Seniors 9:30am (Hader Room)	Walking Group (Hader Room) (coming spring)	Aqua Level 3 9:30am (Pool)
	Aqua Level 2 11:00am (Pool)	Aqua Level 1 10:30am (Pool)	Aqua Level 2 11:00am (Pool)	Aqua Level 1 10:30am (Pool)	Aqua Level 2 11:00am (Pool)	
	Tranquil Motion 3:00pm (Hader Room)		Tranquil Motion 3:00pm (Hader Room)		Pilates for Healthy Movement 3:00pm (Hader Room) <i>(Begins Jan 5th)</i>	
	Aqua Level 3 4:00pm (Pool)	Aqua Level 3 4:00pm (Pool)	Aqua Level 3 4:00pm (Pool)	Aqua Level 3 4:00pm (Pool)	Aqua Level 3 4:00pm (Pool)	
	Aqua Burst 5:15pm (Pool) <i>(Jan 8th-Apr 26)</i>		Aqua Burst 5:15pm (Pool) <i>(Jan 8th-Apr 26)</i>			

Classes are available to members of The Connection. To learn about the many benefits of becoming a member, please call **(513) 853-4100**

# The Connection at Twin Towers Class Descriptions



<p><b><u>Aqua-Pilates</u></b>  <b>9:00am - Tuesday and Friday</b>                  A low-impact class emphasizing strength and stretching movements which require precise breathing and muscle control. This workout also enhances muscle strength, posture, trunk stabilization and is a great stress reliever.  <b>Low-Moderate Intensity</b></p>	<p><b><u>Liquid Essence</u></b>  <b>9:00am - Monday and Wednesday</b>                  A no impact water workout with an emphasis on core strength. Water Belts are worn and equipment such as noodles or hand buoys will be used.  <b>Moderate Intensity</b></p>
<p><b><u>Aqua-Yoga</u></b>  <b>9:15am - Thursday</b>                  A beginner's yoga class focusing on flexibility, mobility, strength and a healthy mind. It is perfect for those with limited range of motion as this class helps provide support.  <b>Low Intensity</b></p>	<p><b><u>Super Seniors</u></b>  <b>9:30am - Tuesday and Thursday</b>                  A land class focused on building strength, increasing flexibility, improving balance and maintaining proper spinal alignment.  <b>Moderate Intensity</b></p>
<p><b><u>Aqua Level 1</u></b>  <b>10:30am - Tuesday and Thursday</b>                  An aerobic class utilizing exercises that increase range of motion, flexibility and help manage pain. This class is ideal for people with arthritis, fibromyalgia or recovering from injury.  <b>Low Intensity</b></p>	<p><b><u>Walking Group</u></b>  <b>(coming spring TBD)</b>                  A great educational and social program. Walking program includes: monthly outings and ability to track steps/mileage. Please bring eater and wear comfortable shoes.  <b>Moderate Intensity</b></p>
<p><b><u>Tranquil Motion</u></b>  <b>3:00pm - Monday and Wednesday</b>                  Tai Chi movements emphasizing weight transference, which helps to improve balance and prevent falls. Tai Chi facilitates the flow of qi (pronounced "chee") through the body, a life energy that circulates throughout the body, performing functions to maintain physical and intellectual wellness.  <b>Low Intensity</b></p>	<p><b><u>Aqua Level 2</u></b>  <b>11:00am - Monday, Wednesday and Friday</b>                  An energizing aerobic class combining cardio, flexibility and strength training that adds impact movements and utilizes resistance equipment.  <b>Moderate Intensity</b></p>
<p><b><u>Aqua Level 3</u></b>  <b>4:00pm - Monday, Tuesday, Wednesday, Thursday, Friday</b>  <b>9:30am - Saturday</b>                  A cardio workout of high intensity. This class incorporates combination movement patterns and uses a variety of resistance equipment during the latter part of class providing a more strength based focus.  <b>High Intensity</b></p>	<p><b><u>Pilates for Healthy Movement</u></b>  <b>3:00pm - Friday</b>                  This land class will use a foam roller to assist and challenge you as you learn the fundamentals of Pilates movements. It is designed to unlock joints and muscles, improve overall posture and balance, gain core strength, and tone muscles.  <b>Low-Moderate Intensity</b></p>
<p><b><u>Aqua Burst</u></b>  <b>5:15pm - Monday and Wednesday</b>                  This class will focus on cardiorespiratory endurance incorporating Interval and Circuit training, strength training with a multitude of equipment (noodles, paddles, kickboards and more!), muscle tone, core work and flexibility. <i>(This class is also open to Cincinnati State students, faculty and staff.)</i>  <b>High Intensity</b></p>	<p>I am doing this for <b>CONFIDENCE, Strength</b>; the feeling after a workout., <b>GRATITUDE, health, PRIDE, CONTROL, happiness...</b>  <b>ME!</b></p>