

 = 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)	
	Hydro Spin 10:00am (Pool)	Super Seniors 9:30am (Hader Room)		Super Seniors 9:30am (Hader Room)		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 3:55pm (Hader Room) <i>*(September 4—</i>			Classes are available to members of The Connection. To learn about the many benefits of becoming a member, please call (513) 853-4100
	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>*(September 4—December 11)</i>		Aqua Burst 5:15pm (Pool) <i>*(September 4—December 11)</i>		*Announcements for the return of any seasonal class will be made prior to start date.	

The Connection at Twin Towers Class Descriptions

Aqua-Pilates

9:00am - Tuesday and Friday

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.

Low-Moderate Intensity

Aqua-Yoga

9:15am - Thursday

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.

Low Intensity

Hydro Spin

10:00am - Monday

Hydro Spin is an intermediate to advanced energetic cardio workout class. In addition, extra resistance equipment will be used within the class.

Must Sign-up / Only 3 Spots available

Moderate-High Intensity

Aqua Level 2

11:00am - Monday, Wednesday and Friday

An energizing aerobic class combining cardio, flexibility and strength training that adds impact movements and utilizes resistance equipment.

Moderate Intensity

Tranquil Motion

3:00pm - Monday and Wednesday

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.

Low Intensity



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Liquid Essence

9:00am - Monday and Wednesday

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.

Moderate Intensity

Super Seniors

9:30am - Tuesday and Thursday

A land class focused on building strength, increasing flexibility, improving balance and maintaining proper spinal alignment.

Moderate Intensity

Aqua Level 1

10:30am - Tuesday and Thursday

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.

Low Intensity

Aqua Level 3

4:00pm - Monday, Tuesday, Wednesday, Thursday, Friday

9:30am - Saturday

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.

High Intensity

Pilates for Healthy Movement

3:55pm - Wednesday

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.

**Low-Moderate Intensity * Seasonal
September 4th—December 18th**

Aqua Burst

5:15pm - Monday and Wednesday

This class will focus on respiratory endurance, strength, muscle tone and flexibility. A multitude of equipment will be used!

(This class is also open to Cincinnati State students, faculty and staff.)

**High Intensity * Seasonal
September 4th—December 11th**