



Drop into one of our GROUP FITNESS CLASSES for only \$8!

Strong Fit

Ages: 12Y and up

This 45 minute class combines strength conditioning and athletic drills for an all-star workout. Outside Strong Fit will be held in the north parking lot (beside the Community Garden). In case of inclement weather, this class will move into the North Gym. Please bring your own light, medium, and heavy set of dumbbells. You will also need a thick mat to cushion for pushups and other floor work (we are on the asphalt!). If you are unable to bring your own equipment, some equipment can be provided by the instructor. Inside Strong Fit will be held in the Fitness Studio.

Inside: Sat 9:30 AM-10:15 AM

Outside: Tue, Thu 6:00 AM - 6:45 AM

Cardio Fit

Ages: 12Y and up • CC Fitness Studio

This workout is the perfect solution to end boring workouts. Different cardio formats and strength training exercises will be done in each class offering.

Mon 8:30 AM-9:30 AM

Fri 9:30 AM-10:30 AM

Dance Fit

Ages: 12Y and up • CC Fitness Studio

Work up a sweat as you dance to a variety of upbeat music from around the world. This cardio-based class is suitable for all fitness levels and is so much fun you will forget you are working out!

Mon Noon-1:00 PM

Mon 5:45 PM-6:45 PM

Wed 5:45 PM-6:45 PM

Sat 11:30 AM-12:30 PM

Fit Yoga

Ages: 12Y and up

This 60 minute class uses elements of yoga to increase overall flexibility and strength with a focus on the muscles of the core. Some Yoga experience recommended.

CC Fitness Studio

Tues, Thu 9:30 AM-10:30 AM

Griswold Center

Sun 4:00 PM-5:00 PM

Barre Fusion

Ages: 12Y and up • CC Fitness Studio

This class will combine bodyweight strength and conditioning movements with elements of barre, Pilates and yoga for a total body workout. Improve your strength, balance, cardiovascular fitness and flexibility in this one hour class set to motivating music. This class will be low impact and use minimal equipment but will have options for every fitness level. Join in person or from home and be prepared to feel the burn!

Wed 10:30 AM - 11:30 AM

Basic Line Dancing

Ages: 12Y and up • CC Fitness Studio

Low impact cardio that enhances your balance, posture, and core strength. Build dancing skills while enjoying fun (but not too loud) music with new friends. Smooth soled shoes encouraged. Ages 12Y and up. Instructor: Edie Driskill, NTA V Certified. No class November 25.

Thur 6:30 pm to 7:45 pm (beginning October 7)



Group Fitness Pass Prices

purchase online at worthington.org/fitness

Registration is no longer required for
In-person Group Fitness Classes!

Our Passes are available in 8 or 16 classes that allow you to attend a Group Fitness Class when it's convenient for you.		
	RESIDENT / MEMBERS PRICE	non-RESIDENT PRICE
8 Class Pass	\$36	\$47
16 Class Pass	\$72	\$94
Our Monthly Unlimited option is the best value and allows you to take a wide variety of classes each week. (Monthly Unlimited Passes will be valid each calendar month. Prices will not be prorated for cards purchased mid month.)		
30 day Unlimited Pass	RESIDENT / MEMBERS PRICE	non-RESIDENT PRICE
	\$40	\$52

Drop In - \$8

*Group Fitness Passes will automatically load to your WPRD key tag. No key tag? Stop by the front desk to pick one up.