

FITNESS SCHEDULE

MONDAY

Morning Sweat Camp: 5AM-6AM or 6AM-7AM | \$15 daily | \$110 monthly

Hip Hop Spin Class: 6PM-7PM | \$6 first time fee | \$35 for 4 rides | \$70 for 7

Ballroom Dance: 4PM-9PM | \$5 per class

Cincyettes Dance Team: 6PM-8PM | See instructor for cost

Zumba: 6:30PM-7:30PM

TUESDAY

Morning Sweat Camp: 5AM-6AM or 6AM-7AM | \$15 daily | \$110 monthly

Hip Hop Spin Class: 6PM-7PM | \$6 first time fee | \$35 for 4 rides | \$70 for 7

Back2Basics Boot Camp: 6:30PM-8PM | \$10 daily | \$55 monthly

Hip Hop Dance 7PM-8PM | \$5 per class | \$15 a month

WEDNESDAY

Morning Sweat Camp: 5AM-6AM or 6AM-7AM | \$15 daily | \$110 monthly

Hip Hop Spin Class: 6PM-7PM | \$6 first time fee | \$35 for 4 rides | \$70 for 7

Yoga: 6:45PM-8PM | \$5 per class

Cincyettes Dance Team: 6PM-8PM | See instructor for cost

THURSDAY

Morning Sweat Camp: 5AM-6AM or 6AM-7AM | \$15 daily | \$110 monthly

Back 2 Basics Boot Camp : 6:30PM-8PM | \$10 daily | \$55 monthly

Twerk Class: TBD

SATURDAY

Back 2 Basics Boot Camp : 7:30AM-8:30AM | \$110 daily | \$55 monthly

Hip Hop Spin Class: 9:30AM - 10:30AM | \$6 first time fee | \$35 for 4 rides | \$70 for 7

BUILDING SCHEDULE

SUNDAY	CLOSED
MONDAY	9AM - 9PM
TUESDAY	9AM - 9PM
WEDNESDAY	9AM - 9PM
THURSDAY	9AM - 9PM
FRIDAY	9AM - 7PM
SATURDAY	9AM - 3PM

hours change seasonally and exclude special events & rentals

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