

Athletic:
Open Gym (Membership required)

Youth (ages 8-13):
Tuesday and Thursday 3:30-5:15

Teens (Ages 13-17):
Tuesday and Thursday 5:30 PM-7:00 PM

Young Adult (Ages 18 and up):
Tuesday and Thursday: 10:30A-12:00P



Hirsch Recreation Complex's Program Guide

Times and classes subject to change

Hours of Operation:

Monday-Friday: 9:00 AM—7:00 PM

Memberships Required

Youth (5-17): \$2.00

Young Adult (18-24): \$10.00

Adult (25-49): \$25.00

Senior(50+): \$10.00

**Weight Room (Fees are in addition to membership
fee):**

\$20.00/3 months

\$70.00/year

Daily Fitness Access: \$5 per visitor/day

3630 Reading Rd.
Cincinnati, OH 45229
513.751.3393
www.cincyrec.org



Programs:

School day enrichment/Afterschool care

(Mon-Fri; 7A-2:30P/2:30P-6:00P; ages 5-12):

Provides supervised, in-person childcare for those students engaged in a remote learning environment during the hours of 7:00am-2:30pm. The program will consist of small groups of students, of no more than fifteen per room. Our goal is to provide a safe environment during the independent school hours in addition to our typical CRC programming. CRC has upgraded its WiFi connectivity at most recreation facilities to assist in virtual learning. Please note, this is not a tutoring program. The cost is \$150 per week (scholarships to assist in costs are limited but available)

Cycle/Spin (Members: \$5 per class or \$32 pass for 8 classes. Non-members: \$7 per class. Reservation required, 11 spots per class):

Monday 5:15P-6:00P(Starting Nov. 9th), 6:15P-7:00P

Wednesday 6:15P-7:00P

In spin class, you pedal along on a stationary bike as the instructor guides you through a visualization of an outdoor workout. The pace and speed will vary throughout the workout, sometimes requiring break-neck speed, and other times pedaling happens from a slow, standing position. If you've never been to a spin class, don't be intimidated. The first thing you should know is that everyone has been a beginner at one point or another!

Teen and young adult dance(20 spots max. reservation required):

Friday 6:00P-7:00P

Group lessons are a fun and relaxing way to learn to dance. Each group lesson features a review/warm-up time, then the class focuses on a particular dance. Our group lessons are taught in a progressive style which enables the student to use and refine dance steps and patterns while continually adding new ones.

Tai Chi

Monday and Wednesday 10:00A-11:30A (Starting Nov 9th; fees TBA)

Tai chi is a Chinese martial art dating back to ancient China over 2000 years ago. Most people should be able to practice tai chi, regardless of age or fitness level. Due to the slow and calm nature of tai chi, people struggling with a disability can adapt the movements to suit their activity level. Many of the benefits you'll get from regular tai chi practice are: improved mood, reduced stress, improved physical fitness (flexibility, strength, agility, and aerobic capacity) and decreased stress, anxiety, and depression.

Fitness:

Reservations are required for fitness room access

To make reservations, see the front desk or call (513)751-3393

Morning reservation availability:

9:00A-10:00A (closed 10:00A-10:30A for cleaning)

10:30A-11:30A (closed 11:30A-12:00P for cleaning)

Afternoon reservation availability:

12:00P-1:00P (closed 1:00P-1:30P for cleaning)

1:30P-2:30P (closed 2:30p-3:00p for cleaning)

3:00P-4:00P (closed 4:00P-4:30P for cleaning)

Evening reservation availability:

4:30P-6:00P (closed 6:00P-6:30P for cleaning)

6:30P-7:00P

Everyone needs to either have a fitness membership OR pay a daily pass fee to access the facility. There are no guest or free "one time" passes.