

Open Gym:

Youth (Ages 8-12): (Membership required)
Tuesday and Thursday 5:00-6:30 PM,
Friday 5-8:45 PM
Saturday 1:00 PM– 2:45 PM

Teens (Ages 13-17) (Membership required)
Monday and Thursday 6:30 PM-8:30 PM
Sunday 2-4:30 PM

Young Adult (Ages 18 and up) (Membership required)
Tuesday: 6:45 PM–8:45 PM

Ladies Night - ladies only (Membership required)
Wednesday: 7– 8:45 PM

Family (Membership required)
Friday 6:30 PM–8:45 PM
Sunday 1-3 PM Parents must accompany children



Cincinnati Recreation Commission

Hirsch Recreation Complex's Winter Program Guide January 1, 2020 - March 30, 2020

Hours of Operation:

Monday-Friday: 9:00 AM—9:00 PM

Saturdays: 9:00 AM—3:00 PM

Sunday: 11:00 AM-5:00 PM

Youth (5-17): \$2.00

Young Adult (18-24): \$10.00

Adult (25-49): \$25.00

Senior(50+): \$10.00

Membership Required

Before purchasing weight room card

Weight Room:

\$20.00/3 months

\$70.00/year

3630 Reading Rd.

Cincinnati, OH 45229

513.751.3393

www.cincyrec.org

Programs:

Club CRC (Ages 5-12): 2:30 PM –4:30 PM \$10/Quarter + Annual Membership (2\$) Non-custodial care that includes organized activities. Homework help, hot dinner, sports and much more

Senior Experience (Ages 50+): See Senior Calendar for details.
Senior Program that includes events, guest speakers, trips, monthly meetings, gym time and much more.

Homework Assistance Lab (All Ages): Sunday's 2:00-4:00PM:
(Membership required) Need help with school work?

Developing Healthy Habits: Meal Planning & Prep for Weight Loss
Saturdays 10:00-11:30 AM \$25 per session
Session 1 Feb. 8th & 22
Session 2 March 7th & 21st
See Class instructor for details

Anderson Martial Arts (All Ages) Starts Jan 21st
Tuesdays 6:30-8 PM, Saturdays 10-11AM \$30 per month

Youth Game Room Hours (Ages 5-12)
Monday 5:00-7:00 PM **Saturday** 11:00 AM to 1:00 PM

Fitness:

Monday:

Walk Fit 9-10:30 am (Outdoor track or Gym)

Yoga 6:15-7 PM \$10 per class Deep stretch great for anyone looking to gain flexibility throughout their body, back, hips, shoulders. **Starts Jan. 13**

Tuesday:

Walk Fit 9-10:30 AM (Outdoor track or Gym)

CRC Spin 360 6:00PM-6:45PM (GFR)

Wednesday:

Walk Fit 9-10:30 AM (Outdoor track or Gym)

Weight Training (women only) 7:30-9:00 PM

Membership and weight room card required **Starts Jan 15th**

Boot camp 6:00-7:00PM \$10 class Starts Feb19

Thursday:

Walk Fit 9-10:30 AM (Outdoor track or Gym)

Line Dancing: 10:30 AM-12:30 PM (GYM) free w/membership

CRC Spinning– 10:00AM-10:45 AM (GFR)

CRC Spinning– 6:00-6:45PM (GFR)

Saturday:

101 Days of Wellness Boot Camp w/ Dwnisw Bryers
10-11AM Free

CRC Spin Classes \$3 with membership, \$5 without