

Open Gym—Membership Required

Teens (Ages 13-17)

Monday and Thursday 6:30-8:30 PM

Friday 5:30-8:30 PM

Sunday 1:30-4:30 PM

Tweenage Ages (10-15)

Thursday 5-6:30 PM

Youth (Ages 8-12)

Tuesday 5-7 PM

Friday 5:30-8:30 PM

Saturday 12-3 PM

Sunday 12-3 PM

Special Events:

Sunday May 17th 1-5 PM

Health & Mental Wellness Experience

Saturday May 16th 9-11 AM Rec Girls Run 5K Color Race



Hirsch Recreation Complex's Spring 2020 Program Guide March 1, 2020 - May 31, 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

Memberships Required

Youth (5-17): \$2.00

Young Adult (18-24): \$10.00

Adult (25-49): \$25.00

Senior(50+): \$10.00

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 –5:00 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, and much more.

Developing Healthy Habits: Meal Planning and Prep for Weight Loss

Saturdays 10-11:30 AM \$25 per session

Session 1 Feb. 8th & 22nd Session 2 March 7th & 21st

See class instructor for more details

Anderson Martial Arts (All Ages)

Tuesdays 6:30-8 PM Saturdays 10-11 AM \$30 per month.

Brazilian Jiu Jitsu (18+) **Starts April 9th

Thursdays 6-7:30 PM free w/membership

Instructor Ross Wright

Closing the Health Gap Nutrition & Tai Chi ** Starts April 1st

Wednesdays April 1st & 8th, May 6th & 13th, June 3rd & 10th.

11 AM -12 PM Weeks will alternate with Tai Chi taught by

Master Woodrow Fairbanks and Annette Bell teaching nutrition.

Youth Game Room Hours (Ages 8-14)

Monday 5-7 PM

Friday 5:30-7 PM

Fitness:

Monday:

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

Boot Camp Cincinnati w/ Denise 5:30-6:30 PM

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

Tuesday:

Walk Fit 9-10:30 AM Outdoor track or gym membership required

Cycle/Spin 6-6:45 PM \$3 w/mem \$5 non-mem

Wednesday:

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

Boot Camp Cincinnati w/ Denise 6-7 PM \$10 per class

Thursday:

Line Dancing 10:30-12:30 PM free w/ membership

Cycle/Spin 6-6:45 PM \$3 w/mem \$5 non-mem

Friday:

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

Saturday:

The Wiz 101 Days of Wellness and Boot Camp Cincinnati w/ Denise
10-11 AM Free through April 4th.