

**Hirsch Recreation Complex's
Program Guide**

Times, Facility hours and classes subject to change

Hours of Operation:

Monday-Friday: 10:00 AM—8:00 PM

Weekend hours start 10/16 (Fri. 10a-9p, Sat. 9a-2p)

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

Adult/Senior Programs:

Monday & Wednesday 6:15P-7:00P

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

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!

Tuesday 6:00P-7:00P

Yoga Soul (\$5 fee per class)

Yoga is a mind and body practice. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. Yin Yoga is a slow-paced style of yoga with asanas (postures) that are held for longer periods of time than in other styles. This style is similar to a deep tissue massage that flushes the body of toxins. The benefits of yin yoga include: calming and balancing the body, reduces stress and anxiety, increases circulation, improves flexibility, and balances internal organs and improves the flow of chi or Prana. R&B-soul music will be used during class to assist in relaxation and meditation.

Tuesday/Wednesday/Thursday 10:00AM-2:00PM

50+ Senior Activities (Membership required, some add'l. program fees may apply)

Senior activities serve a purpose - that is to help keep persons over the age of 50 active both mentally and physically. Our senior program will consist of art activities, technology training, senior fit classes, various city trips and experiences, and more. Please see the senior calendar for more information.

Fitness room

Fitness room is open during our operating hours.

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

\$20.00/3 months

\$70.00/year

Daily Fitness Access: \$5 per visitor/day

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

Open Gym

Open Gym (Membership required)

Teens (Ages 13-18):

Wednesday and Thursday 6:00P-7:45 P

Adult (Ages 18 and up):

Tuesday and Thursday: 11:30A-1:30P



Youth Programs:

Monday through Friday 2:15p-6:00p

Hirsch After School Program (membership required; add'l fees may apply)

Hirsch After School Program provides students a safe environment during the hours following a typical school day. Activities include a focus on STEM, arts and culture, as well as sports and leisure.. This center accepts ODJFS vouchers, please call 513-751-3393 or see Hirsch front desk for more information.

Tuesday 5:30p-7:30p

The Fade Room (membership required)

Look good, feel good! This program will provide youth ages 8-13 an opportunity to come into the rec center for a “barbershop style” experience. There will be video games, sports on television, music, air hockey, foosball, etc. that the youth can engage in while waiting to have their haircut. For haircuts, there will be 4-30min slots available per week. Haircuts are free of charge (no styling). There will need to be a signed permission slip in order to reserve a time slot. Youth that are not getting haircuts are still welcome to come just to hang out!

Wednesday 4:30p-6:00p

Sports of sorts (membership required)

This program will provide youth ages 8-13 an opportunity to come to the rec center to participate in various sports together with their friends in the gym (or outside, weather permitting). Sports include flag football, basketball, dodgeball, kickball, etc. There also may be opportunities to take field trips during this program as well (parent permission and add'l fees apply). This is a drop-in program so youth can come and go as they please.

