

# May 2018 Group Exercise Schedule

**Hours:**  
 Monday-Thursday 5 a.m.-10 p.m.  
 Friday 5 a.m.-8 p.m.  
 Saturday 6 a.m.-6 p.m.  
 Sunday 7 a.m.-3 p.m.

■ Cardio ■ Strength ■ Mind/Body ■ Strength/Cardio Mix ■ Aquatics ■ Lap Pool ■ Warm Water Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 Express Cycling Sara	5:15 H2O Fitness Andrea	5:30 Bodypump Tracy	5:15 Aqua Aerobics Amy	5:15 Aqua Aerobics Amy	6:30 Cycling
5:30 Osteopathic Yoga (1 hour) Bill	5:30 Tabata Megan	5:30 Core/TRX * Tyler	5:30 HIIT * Tyler	5:30 Cycling Ric	7:30 Cycling
5:30 Express Resistance Training Sara	7:45 Bodypump Lisa	8:00 Deep Impact Lucy	5:30 Step It Up Tracy	5:30 Pound Megan	7:30 Super Saturday
8:00 Deep Impact Lucy	8:00 Water Volleyball	8:00 Balance Fit & Fun Maddie	7:00 Bodypump Kristen	8:00 TRX/Kettlebells Lucy	9:00 Aqua Class
8:00 Zumba Party Lisa	8:15 Express CX Worx Lisa	9:00 Aqua Blast Lucy	8:00 Water Volleyball	8:00 Zumba Party Elizabeth	10:00 Yoga
9:00 Aqua Mix Lucy	9:00 Water Volleyball	9:00 Yoga Trudy	8:00 Mat Pilates Lucy	9:00 Tabata * Emily	(All Saturday classes rotate, see flyer in locker room for details.)
9:00 Vinyasa Flow Michael	9:00 Drum Strength Lucy	9:00 Express Cycling Emily	9:00 Water Volleyball	9:00 FuzeCraze Lucy	
9:00 Tread Andrea	9:00 Power Hour * Emily	9:30 Express Tabata * Emily	9:00 Power Hour (Down Strairs) Emily	9:00 Yoga Trudy	
10:00 Tai Chi Lucy	10:00 Mat Pilates Lucy	10:00 AF Aquatic Joni	9:00 Drum Strength Lisa	10:00 AF Aquatic Joni	<b>Sunday</b>
10:00 Gentle Yoga Trudy	11:00 Joint Health Jan	10:00 Gentle Yoga Trudy	9:00 CX Worx Plus * Lucy	10:00 Gentle Yoga Lucy	7:15 Sunday Funday
11:00 H2O Fitness Jan	11:00 Water Yoga Lucy	11:00 Aqua Tabata Joni	10:00 Water Pilates Lucy	11:00 Aqua Wave Lucy	(This class rotates, see flyer in locker room for details.)
11:00 Beginner Tai Chi Trudy		11:00 Beginner Tai Chi Trudy	10:00 Yoga Sculpt Corinne		
		11:00 Bosu Cardio/Strength Lucy	11:10 Joint Health Joni		
			11:00 Aqua Mix Lucy		
12:00 Joint Health with a Splash Jan	12:00 Deep Impact Jan	12:00 Joint Health with a Splash Lucy	12:00 Deep Impact Lucy	12:00 Joint Health with a Splash Lucy	All classes require an average of 5 attendees to remain on the schedule each month.
12:00 CX Worx Plus Lucy	12:00 Cycling Andrea	12:00 Kettlebells * Sandra	12:00 HIIT * Emily	12:00 Stroops Maddie/Tyler	All classes are for every fitness level. Please speak with one of our trainers or instructors if modifications are needed.
			3:00 Fit Mat \$		Classes are 45 minutes in length, unless specified.
4:15 PiYo Megan	4:00 HIIT * Megan	4:00 Deep Impact Jan	4:00 Fit Mat \$	5:00 Friday Night Mix	Express classes are 30 minutes.
5:00 Pool Party Corinne	4:00 Yoga Sculpt Corinne	4:00 Athletica Ann	4:00 TRX * Megan	(This class rotates, see flyer in locker room for details.)	
5:00 Tabata Megan	5:00 Tabata Kickboxing Megan	5:00 H2O Fitness Jan	4:00 Vinyasa Flow Corinne		
5:15 Cycling Ric	6:00 Relaxation Yoga Kathy	5:00 Step It Up Lisa	5:00 Aqua Bootcamp Corinne		
6:00 Relaxation Yoga Kathy	6:00 Cycling/Core Megan	6:00 Kettlebells * Sandra	5:00 Bodypump Megan		
6:15 Express Cycling Ric	7:00 BodyPump Megan	6:00 Vinyasa Flow Corinne	6:00 Zumba Elizabeth		
7:00 Pound Megan		7:00 Pound Sandra			

\* Denotes classes held in the TRX area.

\$ Denotes classes with an additional fee. Please stop at the front desk to register and pay.

All classes require an average of 5 attendees to remain on the schedule each month.

All classes are for every fitness level. Please speak with one of our trainers or instructors if modifications are needed.

Classes are 45 minutes in length, unless specified.

Express classes are 30 minutes.

## Cardio Classes

Cardio classes are created to increase your cardiovascular fitness as well as cardiovascular health. If you are interested in strengthening your heart and increasing your stamina, give one a try.

- Tread
- Zumba
- Step It Up
- Drum Strength
- Cycling
- Tabata Kickboxing

## Strength/Cardio Mix Classes

These mixture classes will target all muscle groups allowing you to increase your stamina and aerobic fitness while building strength and endurance. They include circuit training, cardio, body weight exercises and finishes with core training and stretching for a complete workout.

- HIIT
- Tabata
- Joint Health
- Power Hour
- Balance Fit & Fun
- CX Worx Plus
- PiYo
- Stroops
- Yoga Sculpt
- Having a Ball

## Strength Classes

Our strength classes are made to increase muscular strength and learning different strength training exercises and techniques. If you are looking to tone, build muscle or gain overall strength, these are for you.

- Mat Pilates
- Kettlebells
- TRX
- CX Worx
- Bodypump
- Butts N Guts
- Express Resistance Training
- Athletica

## Mind/Body Classes

Mind/Body classes are designed to connect the mind to the body with movement and breath, working together while building strength, flexibility, and relaxation.

- Yoga
- Gentle Yoga
- Osteopathic Yoga
- Restorative Yoga
- Relaxation Yoga
- Tai Chi-Yang 24
- Vinyasa Flow

## Aquatic Classes

These classes are designed for the ease of movement and resistance offered in our pools. They build cardiovascular stamina, strength, flexibility, and help to burn body fat, while being easy on joints and helping rehabilitate injured muscles.

### Classes in the Lap Pool

- Aqua Aerobics
- Aqua Bootcamp
- Aqua Mix
- Tabata Circuit
- Aquawave
- Deep Impact
- FuzeCraze
- H2O Fitness
- Hydropower

### Classes in the Warm Water Pool

- Joint Health with a Splash
- AF (Arthritis Foundation) Aquatic
- Water Pilates
- Water Yoga
- Water Tai Chi

### FitMat Training

FitMat is a floating training platform that provides a new, fun and dynamic way to exercise. Its main feature is its rigidity to float on water and can make the most basic exercises challenging.

For descriptions of each class, please visit our website at [hfmhealth.org/WC-classes](http://hfmhealth.org/WC-classes)