

# December 2023 Group Exercise Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:20 Yoga <small>Bill</small>	5:15 Deep Blue <small>Janet</small>	5:30 Total Strength <small>Tracy</small>	5:15 H <sub>2</sub> O Fitness <small>Janet</small>	5:30 Pound <small>Megan</small>	7:00 Cycling
6:30 Cycling <small>Sara</small>	5:30 Cycle and Strength <small>Sara</small>	8:00 30 min Balance <small>Megan</small>	5:30 Tabata <small>Tracy</small>	8:00 60 min Cross Training <small>Tyler</small>	8:00 60 min Super Saturday
8:00 Deep Blue <small>Lucy</small>	7:00 Pound <small>Megan</small>	8:00 Deep Blue <small>Katie</small>	7:15 30 min Cycling <small>Tony</small>	8:00 Deep Blue <small>Janet</small>	9:00 H <sub>2</sub> O Fitness
8:00 30 min Cardio* <small>Megan</small>	8:00 Total Strength <small>Megan</small>	8:30 30 min HIIT <small>Megan</small>	8:00 Total Strength <small>Lucy</small>	9:00 Aqua Latin Move <small>Lucy</small>	
8:30 Sculpt <small>Megan</small>	8:00 Water Volleyball ends at 9:45	9:00 H <sub>2</sub> O Fitness <small>Katie</small>	8:00 Water Volleyball ends at 9:45	9:00 30 min Stabilizers/Core Strength <small>Tyler</small>	
9:00 Aqua Bootcamp <small>Lucy</small>	9:00 Drum Strength <small>Lucy</small>	9:00 Butts and Guts <small>Megan</small>	9:00 Latin Moves <small>Lucy</small>	10:00 Yoga Balance <small>Lucy</small>	
9:30 30 Min TRX/Kettlebells* <small>Megan</small>	9:00 High Intensity Stations* <small>Tyler</small>	10:00 Aqua Joint Health <small>Lucy</small>	10:00 Gentle Yoga <small>Kathy</small>	10:00 H <sub>2</sub> O Fitness <small>Janet</small>	
10:00 Yoga <small>Lucy</small>	9:30 Mobility/Stability* <small>Tyler</small>	10:00 Yoga <small>Megan</small>	10:00 H <sub>2</sub> O Fitness <small>Katie</small>	11:00 Balance & Flexibility <small>Lucy</small>	
10:00 H <sub>2</sub> O Fitness <small>Katie</small>	10:00 Pilates <small>Lucy</small>	11:00 Aqua Dance <small>Andrea</small>	11:00 Aqua Tai Chi <small>Lucy</small>		
11:00 Aqua Joint Health <small>Lucy</small>	10:00 H <sub>2</sub> O Fitness <small>Janet</small>	11:00 Healthier Me <small>Lucy</small>	11:00 Chair Yoga <small>Kathy</small>		
11:00 Chair Yoga <small>Kathy</small>	11:00 Aqua Yoga <small>Lucy</small>	12:00 30 min Cycling <small>Lucy</small>	12:00 Joint Health <small>Katie</small>		
12:30 Parkinson's Class ‡ <sup>60</sup>	11:00 Joint Health <small>Maddie</small>	4:30 Aqua Cardio <small>Janet</small>	12:30 Parkinson's Class ‡ <sup>60</sup>		
1:30 Parkinson's Class ‡ <sup>60</sup>	12:00 Tai Chi <small>Maddie</small>	5:00 Total Strength <small>Tony</small>	1:30 Parkinson's Class ‡ <sup>60</sup>		
4:30 H <sub>2</sub> O Fitness <small>Janet</small>	4:30 30 min Kickboxing <small>Elizabeth</small>	5:30 H <sub>2</sub> O Fitness <small>Janet</small>	4:15 TRX Express* <small>Maddie</small>		
4:30 30 min Cycling <small>Megan</small>	4:30 H <sub>2</sub> O Fitness <small>Katie</small>	5:45 30 min Cycling <small>Tony</small>	5:00 30 min Strong <small>Elizabeth</small>		
5:00 Butts and Guts <small>Megan</small>	5:00 30 min Step <small>Elizabeth</small>		5:30 30 min Step <small>Elizabeth</small>		
5:30 Aqua Bootcamp <small>Janet</small>	5:30 HIIT <small>Katie</small>				
6:00 60 min Bootcamp <small>Tyler</small>					
6:00 Yoga <small>Megan</small>					

M-F 5:00 a.m.-9:00 p.m.  
 Sat 6:00 am-3:00 p.m.  
 Sun 7:00 am-3:00 p.m.

**Holiday Hours**  
 Christmas Eve 7:00am-12:00pm  
 Christmas Day Closed  
 New Year's Eve 7:00am-12:00pm  
 New Year's Day 7:00am-12:00pm

[hfmhealth.org/wellnesscenter](http://hfmhealth.org/wellnesscenter)  
 920-320-4600

All classes require an average of 7 attendees to remain on the schedule each month.

Classes are 45 minutes in length, unless specified.

Members are encouraged to try new classes and are allowed to leave at anytime for any reason. ‡ Denotes classes have an additional charge. Ask for details at the front desk.

\* Denotes classes are in TRX area.



Scan the QR Code to get a PDF of this schedule from our website.



## Cardio Classes

- **30 min. Cardio** — An interval class on your choice of cardio machine: treadmill, elliptical, stairmaster or bike. Add dumbbells for an extra challenge!
- **30 min. Kickboxing** — Choreographed high intensity class with a combination of kicks and punches to get your heart pumping.
- **Cycling** — An intense cardio workout designed for all fitness levels. Our Schwinn® bikes help you track your RPMs, resistance, distance, and power.
- **Latin Moves** — High paced cardio class using Latin dance moves and great music!
- **Pound** — A full body cardio jam session inspired by the energizing and sweat-dripping fun of playing the drums!
- **Step** — A high energy, choreographed workout using an aerobic step to help improve your cardiovascular fitness.
- **Zumba** — An energetic dance class emphasizing Latin music. It blends interval training and rhythm to burn calories while having fun!

## Mind/Body Classes

- **Chair Yoga** — Start with mindfulness, move into seated and standing poses, and end in relaxation while using a chair to assist in attaining optimal alignment, gaining the most from each pose.
- **Gentle Yoga** — A slower paced, low intensity yoga class designed for all fitness levels.
- **Tai Chi** — A low impact joint health class with agile steps, high stances, gentle movements, and relaxed breathing.
- **Yoga** — Connect the mind and body with movements and breath, working together while building strength, flexibility and relaxation. This class is a higher difficulty than gentle yoga, but can be modified to fit individual abilities and experience.
- **Yoga Balance** — A combination of yoga, stretch and balance techniques.

## Aquatic Classes

- **Aqua Bootcamp** — A high intensity class creating a full body workout, modifiable to any fitness level.
- **Aqua Cardio** — A high energy class for all fitness levels with emphasis on improving cardio endurance and strength.
- **Aqua Dance** — A high energy cardio dance class to some great music. So fun, you'll forget you're working out!
- **Aqua Joint Health** — A low impact class designed to increase range of motion, strength, and daily function while reducing fatigue and pain.
- **Aqua Tabata** — Challenge your entire body using 20 second exercise bursts with 10 second rest periods.
- **Aqua Tai Chi** — A mind-body water class using very slow motion moves to improve balance and core stability.
- **Aquatic Stretching** — A low intensity, low impact class focused on relaxing your muscles and improving your range of motion.
- **Deep Intervals** — Tread water with an aqua belt in the deeper side of our pool, incorporating progressive intervals while using pool noodles and water weights.
- **Deep Blue** — Improve cardio endurance, balance, and core strength with the use of aqua belts and resistance equipment in the deeper side of our pool.
- **H<sub>2</sub>O Fitness** — A high energy class suitable for all fitness levels utilizing aqua bells, noodles, and kick boards with a focus on sustained cardio, core strength, and improving overall muscle tone.
- **H<sub>2</sub>O Intervals** — A challenging, easy to follow interval water workout designed to improve your overall fitness using aqua bells, noodles and kickboards.
- **H<sub>2</sub>O Slow Flow** — A low impact class to help you improve your joint mobility and to help aid in muscle relaxation in our warm therapy pool.
- **Station Class** — A high intensity water class rotating through 10 stations, working to improve your cardiovascular fitness and strength.

## Strength/Cardio Mix Classes

- **30 Min. Balance** — A low impact, low intensity class focused on improving balance and preventing falls with fun games and exercises.
- **Bootcamp** — A physically demanding class, using a variety of equipment including battle ropes, slam balls, tires, and the hill out back to push you to your limits. This class is one of our most challenging classes, but can be modified to accommodate anyone who is interested.
- **Cross Training** — A class designed to work on improving your overall strength, muscular endurance, and cardiovascular fitness to give you a well-rounded routine.
- **Drum Strength** — A high energy workout for all fitness levels that combines cardio and muscle conditioning all while drumming to the beat of the music.
- **Healthier Me** — A great beginner class that works to improve your cardio, strength, balance and lower blood pressure. This class is at your own pace to get you comfortable with the basics of working out and starting an exercise program.
- **HIIT** — High Intensity Interval Training, or HIIT, focuses on small bursts of full effort followed by short active recovery or rest periods. This class will improve your cardiovascular fitness, muscular strength and endurance, as well as core strength.
- **Joint Health** — Reduce pain and decrease stiffness of joints to help with Arthritis in this low impact class.
- **Parkinson's Class** — Brochures available at the front desk for more info.
- **Strong** — A high intensity class combining body weight, muscle conditioning, cardio and plyometric moves synced to the beat.
- **Super Saturday** — Two 30-minute classes back to back, rotating instructors. Schedules located in each locker room or ask the front desk for more info.
- **TRX/Kettlebells** — Full body strength class utilizing suspension training with the TRXC, plus core activation and balance with Kettlebells.

## Strength Classes

- **30 min. Core** — Focus on improving your core strength using different equipment like Bosu's, stability balls, medicine balls or even the bar!
- **Butts and Guts** — A low impact class designed for strengthening and toning your glutes and core.
- **Pilates Flow** — Body-toning, core-focused exercises on the mat and barre, using a variety of equipment.
- **Total Strength** — A strength training class with various routines, equipment, and techniques to build full-body strength.
- **Working with Weights** — A class designed to improve your muscular endurance and strength using dumbbells, barbells, and kettlebells.
- **Stabilizers/Core Strength** — Strengthening core and additional stabilizer muscles of the shoulders and hips.

## Lap Swimming Schedule — first come first serve for open lanes

Only one lane is available for lap swimming during designated exercise classes.

Therapy may be using the lap pool or warm water pool on Tuesdays/Thursdays from 6:45-9:45 a.m. and then 12:45-3:45 p.m.