

April 2018 Group Exercise Schedule

Hours: Monday – Thursday 5am-10pm Friday 5am-8pm Saturday 6am-6pm Sunday 7am-3pm

Cardio	Strength	Mind/Body	Strength/Cardio Mix	Water	
Monday	Tuesday	Wednesay	Thursday	Friday	Saturday
5:00 Express Cycling Tracy	5:15 H2O Fitness Andrea	5:30 BodyPump Tracy	5:15 Aqua Aerobics Amy	5:15 Aqua Aerobics Amy	6:30 Cycling 7:30 Cycling
5:30 Osteopathic Yoga Bill (1Hour)	5:30 Tabata Megan	5:30 Core/TRX* Tyler	5:30 HIIT* Tyler	5:30 Cycling Ric	7:30 Super Saturday 9:00 Aqua Class
5:30 Express Resistance Training Tracy	7:45 BodyPump Lisa	8:00 Deep Impact Lucy	5:30 Step It Up Tracy	5:30 Pound Megan	10:00 Yoga
8:00 Deep Impact Lucy	8:00 Water Volleyball	8:00 Balance Fit & Fun Maddie	7:00 BodyPump Kristen	8:00 TRX/Kettlebells Lucy	(All Saturday classes rotate see flyer in locker room for details.)
8:00 Zumba Party Lisa	8:15 ExpressCX Worx Lisa	9:00 Aqua Blast Lucy	8:00 Water Volleyball	8:00 Zumba Party Elizabeth	
9:00 Aqua Mix Lucy	9:00 Water Volleyball	9:00 Yoga Trudy	8:00 Mat Pilates Lucy	9:00 Tabata Emily	
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 Having a Ball* Emily	9:00 Power Hour Emily (Down Stairs)	9:00 Yoga Trudy	<i>*Denotes classes held in the TRX area. All classes require an average of 5 attendees to remain on the schedule each month. All of the classes are for all fitness levels. Talk to one of our trainers or instructors to discuss modifications if needed. Classes are 45 minutes in length unless specified. Express classes are 30 minutes. Classes with a \$ are an additional fee. Please stop at the front desk to register and pay.</i>
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	
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	
11:00 H2O Fitness Jan		11:00 Tabata Circuit Joni	10:00 Water Pilates Lucy	11:00 Aqua Wave Lucy	
11:00 Beginner Tai Chi Trudy	11:00 Water Yoga Lucy	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	
12:00 CX Worx Plus Lucy	12:00 Cycling Andrea	12:00 Kettlebells* Sandra	12:00 Power Hour* Emily	12:00 Stroops Maddie/Tyler	
	12:00 Power Hour* Emily		3:30 \$Fit Mat		
4:15 PiYo Megan	4:00 HIIT* Megan	4:00 Deep Impact Jan	4:00 \$Fit Mat	5:00 Friday Night Mix	
5:00 Pool Party Corinne	4:00 Butts N Guts Alice	4:00 Athletica Ann	4:00 TRX* Megan		
5:00 Tabata Megan	5:00 Tabata Kickboxing Megan	5:00 H2O Fitness Jan	4:00 Yoga Sculpt Corinne		
5:15 Cycling Ric	5:00 Hydropower Alice	5:00 Step It Up Lisa	5:00 Aqua Bootcamp Corinne		
6:00 Relaxation Yoga Kathy	6:00 Relaxation Yoga Kathy	6:00 Kettlebells* Sandra	5:00 Bodypump Megan (45min)		
6:15 Express Cycling Ric	6:00 Cycling/Core Megan	6:00 Vinyasa Flow Corinne	6:00 Zumba Elizabeth		
7:00 Pound Megan	7:00 Bodypump Megan	7:00 Pound Sandra			



HFM Wellness Center
Holy Family Memorial
Sponsored by the Franciscan Sisters of Christian Charity

hfmhealth.org/wellnesscenter
 920-320-4600

Cardio Classes

Cardio classes are created to increase your cardio vascular fitness as well as cardio vascular 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 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

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

Water Classes

Blue classes are held in the lap pool. Red classes are held in the warm water pool.

Joint Health With a Splash – A class that enhances movement and daily life skills thru gentle moving exercises using aqua belts.

AF(Arthritis Foundation) Aquatic – Shown to reduce joint pain and improve overall health.

Aqua Aerobics – This class will be a rotating format of hi/lo, Tabatas, interval conditioning and kickboxing.

Aqua Bootcamp - Challenge your body with high aerobic and strength movements in the deep and shallow water of the pool.

Aqua Mix- High energy class for all fitness levels, using a variety of equipment like Aqua Bells, Noodles, Aqua Bands, Swimming Boards.

Tabata Circuit– Using a variety of water equipment to complete an interval style cardio workout

Aquawave- Great way to get your workout in, in the water with intensity and strength using bands and other equipment.

Deep Impact- Develop core strength & balance while improving cardio endurance with floatation belts and an added deep-water resistance.

FuzeCraze- Exercise using a variety of international dance styles and music for a total body aerobic and toning routine.

H2O Fitness - Burn fat and shape/sculpt your body as you move to lively music.

Hydropower- Challenge your body with high aerobic and strength movements in the deep and shallow water of the pool.

Water Pilates – Similar exercises as Pilates with the water to help create a little resistance.

Water Yoga – Similar exercises as Yoga with the water to help balance.

Water Tai Chi – Similar exercises as Tai Chi with the water to help balance.

***Please be respectful of classes in the pool that need a quiet, relaxed environment such as Tai Chi, Yoga, and Pilates.**

Mind Body Classes

Connecting the mind to the body with movement and breath, working together while building strength, flexibility and relaxation.

Yoga – Basic yoga moves to help with breathing, balance and flexibility.

Gentle Yoga – This class allows the use of a chair to help get into different poses and help with balance as well as lower intensity poses.

Osteopathic Yoga – A holistic approach to yoga to help realign the musculoskeletal system.

Restorative Yoga – This is a receptive yoga practice where all poses are done standing or kneeling (accommodations can be made)

Relaxation Yoga - Gently stretches you from head to toe, ending in a soothing period of total relaxation.

Tai Chi-Yang 24 – An ancient practice, using slow and continuous movement is an effective way to improve health, fitness & relaxation.

Vinyasa Flow - Help improve circulation, release stress, increase strength and flexibility and ultimately calm the mind, body and spirit.

Fit Mat Training

Fit Mat is a floating training platform that provides a new, fun, and dynamic way to exercise. Its main feature is its rigidity and ability to float on water and can make the most basic exercises challenging. Fit Mat training is a fitness regimen developed by combining the best aspects of key core movements from Pilates, yoga and HIIT type workouts. Fit Mat training provides the Aquatic Base that intensifies these movements, creating more focus on core.