

# August 2019 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 
 🏃 Myzone Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 Express Cycling <small>Sara</small>	5:15 H2O Fitness <small>Amy</small>	5:30 Express Bodypump <small>Tracy</small>	5:15 Aqua Aerobics <small>Amy</small>	5:15 Aqua Aerobics <small>Amy</small>	6:30 Cycling
5:30 Osteopathic Yoga <small>Bill</small>	5:30 HIIT <small>Megan</small>	6:00 Express CX Worx <small>Tracy</small>	5:30 HIIT * <small>Sandra</small>	5:30 Cycling <small>Ric</small>	7:30 Super Saturday
8:00 Deep Impact <small>Lucy</small>	7:45 Bodypump <small>Lisa</small>	8:00 Deep Impact <small>Lucy</small>	5:30 Step It Up <small>Tracy</small>	5:30 Pound <small>Megan</small>	9:00 Aqua Class <small>💧</small>
8:00 Zumba Party <small>Lisa</small>	8:00 Water Volleyball <small>💧</small>	8:00 Balance Fit & Fun <small>Maddie</small>	6:45 Express Bodypump <small>Kristen</small>	7:00 LIIT/HIIT * <small>Lisa</small>	10:00 Yoga
9:00 Aqua Mix <small>Lucy</small>	8:15 Express CX Worx <small>Lisa</small>	9:00 Aqua Blast <small>Lucy</small>	7:15 Express CX Worx <small>Kristen</small>	8:00 TRX/Kettlebells * <small>Lucy</small>	(All Saturday classes rotate, see flyer in locker room for details.)
9:00 Yoga <small>Kathy</small>	9:00 Water Volleyball <small>💧</small>	9:00 Yoga <small>Trudy</small>	8:00 Water Volleyball <small>💧</small>	8:00 Zumba Party <small>Elizabeth</small>	
9:00 Tread <small>Andrea</small>	9:00 Pound <small>Sandra</small>	9:00 Cross Training* <small>Sandra</small>	8:00 Mat Pilates <small>Lucy</small>	9:00 FuzeCraze <small>Lucy</small>	<b>Sunday</b>
10:00 Tai Chi <small>Lucy</small>	9:00 Cardio/Strength HITT * <small>Emily</small>	10:00 AF Aquatic <small>Joni</small>	9:00 Water Volleyball <small>💧</small>	9:00 Yoga <small>Trudy</small>	* Denotes classes held in the TRX area.
10:00 Gentle Chair Yoga <small>Kathy</small>	10:00 Mat Pilates <small>Lucy</small>	10:00 Gentle Chair Yoga <small>Trudy</small>	9:00 Drum Strength <small>Lucy</small>	10:00 AF Aquatic <small>Joni</small>	\$ Denotes classes with an additional fee. Please stop at the front desk to register and pay.
11:00 H2O Fitness <small>Jan</small>	11:00 Joint Health <small>Jan</small>	11:00 Aqua Tabata <small>Joni</small>	9:00 Outdoor HIIT * <small>Emily</small>	10:00 Flexibility Fit & Fun <small>Lucy</small>	All classes require an average of 5 attendees to remain on the schedule each month.
	11:00 Water Yoga <small>Lucy</small>	11:00 Tai Chi <small>Trudy</small>	10:00 Mind-Body Yoga <small>Kathy</small>	11:00 Aqua Wave <small>Lucy</small>	All classes are for every fitness level. Please speak with one of our trainers or instructors if modifications are needed.
			10:00 Water Pilates <small>Lucy</small>	11:00 Tai Chi <small>Trudy</small>	
			11:00 Aqua Mix <small>Lucy</small>		
			11:15 Joint Health <small>Joni</small>		
12:00 Joint Health with a Splash <small>Jan</small>	12:00 Cycling <small>Andrea</small>			12:00 Stroops and Foam Rolling <small>Maddie/Tyler</small>	Classes are 45 minutes in length, unless specified.
12:00 Strength Circuits <small>Sandra</small>				12:00 Joint Health with a Splash <small>Lucy</small>	Express classes are 30 minutes.

5:00 Pool Party <small>Corinne</small>	4:00 Deep Impact <small>Jan</small>	5:00 Aqua Aerobics <small>Corinne</small>	4:00 TRX * <small>Megan</small>
5:00 HIIT <small>Megan</small>	5:00 Tabata Kickboxing <small>Megan</small>	5:00 Kettlebells and More <small>Sandra</small>	5:00 Bodypump <small>Megan</small>
6:00 Relaxation Yoga <small>Trudy</small>	5:00 H2O Fitness <small>Jan</small>	6:00 Yoga <small>Corinne</small>	6:00 Zumba Strong <small>Elizabeth</small>
6:15 Cycling <small>Ric</small>	6:00 Relaxation Yoga <small>Kathy</small>		6:30 Zumba Express <small>Elizabeth</small>
7:00 Pound <small>Megan</small>	6:00 Cycling/Core <small>Megan</small>		

See our lap swimming schedule on the back.

## 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
- Drum Strength—Beat to your own drum while getting a great cardio floor workout ending with resistance.
- Cycling
- Step It Up
- 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.

- CX Worx Plus
- Tabata
- Stroops
- Joint Health
- Balance Fit & Fun
- LIIT/HIIT—Low Intensity Intervals with less intense exercises and longer recovery time mixed with High Intensity Intervals
- HIIT (High Intensity Interval Training)
- Cross Training
- Cardio/Strength HIIT
- Zumba Strong



**Look for the Myzone icon.** We have added multiple HIIT classes to the schedule that will be focused on heart rate training using the MyZone Monitors. It is recommended to have at least 30 minutes of exercises per week at 90% of your Max Heart Rate. Each class will have 15 minutes of high intensity training to help you reach that weekly goal. So completing two of these classes will give you the opportunity to reach 30 minutes at 90% of your MHR each week.

## 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 and More
- TRX
- CX Worx
- Bodypump—Challenge all your muscle groups, using barbells and weight room exercises like squats, presses, lifts, and curls.
- Butts N Guts
- Strength Circuits

## 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 Chair Yoga
- Osteopathic Yoga
- Relaxation Yoga
- Tai Chi
- Vinyasa Flow—Help improve circulation, release stress, increase strength and flexibility and ultimately calm the mind, body and spirit.
- Mind-Body Yoga— A one hour class broken up into 3 segments focusing on reducing stress and relaxing the mind and body.

## 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 Blast
- Aqua Bootcamp
- Aqua Mix
- Aqua Tabata
- Aquawave
- Deep Impact
- FuzeCraze
- H2O Fitness

### Lap Swimming Schedule

We are designating lanes 2, 3, and 4 for lap use only during these times:

Monday—5-7 a.m., noon-2 p.m., 6-8 p.m.  
Tuesday—10 a.m.-noon, 4-6 p.m.  
Wednesday— 5-7 a.m., noon-2 p.m., 6-8 p.m.  
Thursday—noon-2 p.m., 6-8 p.m.  
Friday—noon-2 p.m., 4-6 p.m.

### Classes 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
- Water Pilates
- Water Yoga
- Water Tai Chi

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