

# March 2020 Group Exercise Schedule

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

**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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 Cycling <small>Sara</small>	5:15 H2O Fitness <small>Amy</small>	5:30 Express Step <small>Tracy</small>	5:15 Aqua Aerobics <small>Amy</small>	5:15 Deep Blue <small>Amy</small>	6:30 Cycling
5:30 Osteopathic Yoga <small>Bill</small>	5:30 HIIT <small>Megan</small>	6:00 Core (15 mins) <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>	8:00 Strength Circuits <small>Sandra</small>	8:00 Deep Impact <small>Lucy</small>	5:30 Express Strength Circuits <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>	6:00 Stability Core Work** <small>Tracy</small>	7:00 LIIT/HIIT * <small>Lisa</small>	10:00 Yoga
9:00 Aqua Mix <small>Lucy</small>	9:00 Water Volleyball <small>💧</small>	9:00 Aqua Blast <small>Lucy</small>	6:45 Trio 15 <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>Michael</small>	9:00 Drum Strength <small>Lucy</small>	9:00 Yoga <small>Trudy</small>	8:00 Water Volleyball <small>💧</small>	9:00 FuzeCraze <small>Lucy</small>	
9:00 Tread <small>Andrea</small>	9:00 Bike and Buddies <small>Emily</small>	9:00 Cross Training* <small>Sandra</small>	8:00 Pilates Flow <small>Lucy</small>	9:00 Yoga <small>Trudy</small>	
10:00 Water Tai Chi <small>Lucy</small>	10:00 Pilates Flow <small>Lucy</small>	10:00 AF Aquatic <small>Joni</small>	9:00 Water Volleyball <small>💧</small>	10:00 AF Aquatic <small>Joni</small>	
10:00 Gentle Yoga <small>Michael</small>	11:00 Joint Health <small>Jan</small>	10:00 Gentle Chair Yoga <small>Trudy</small>	9:00 Drum Strength <small>Lucy</small>	10:00 Flexibility Fit & Fun <small>Lucy</small>	
11:00 H2O Fitness <small>Jan</small>	11:00 Water Yoga <small>Lucy</small>	11:00 Aqua Tabata <small>Lucy</small>	9:00 Power Hour* <small>Emily</small>	11:00 Aqua Wave <small>Lucy</small>	
12:00 Joint Health with a Splash <small>Jan</small>	12:00 Cycling <small>Andrea</small>	11:00 Tai Chi <small>Trudy</small>	10:00 Mind-Body Yoga <small>Michael</small>	11:00 Tai Chi <small>Trudy</small>	
12:00 Strength Circuits <small>Sandra</small>	12:00 Healthier Me <small>Maddie</small>	5:00 Kettlebells and More <small>Sandra</small>	10:00 Water Pilates <small>Lucy</small>	12:00 Joint Health with a Splash <small>Lucy</small>	
4:00 Mix Intervals** <small>Megan</small>	4:00 Deep Impact <small>Jill</small>	5:00 H <sub>2</sub> O Fitness <small>Jill</small>	11:00 Aqua Mix <small>Lucy</small>	5:00 Express Step <small>Elizabeth</small>	
5:00 Aqua Bootcamp <small>Maddie</small>	5:00 Tabata Kickboxing <small>Megan</small>	6:00 Relaxation Yoga <small>Trudy</small>	11:15 Joint Health <small>Joni</small>	5:30 Express Zumba <small>Elizabeth</small>	
5:00 Mix Intervals** <small>Megan</small>	5:00 H2O Fitness <small>Jan</small>		12:00 Healthier Me <small>Sandra</small>		
6:00 Bootcamp † <small>Megan</small>	6:00 Relaxation Yoga <small>Lucy</small>		12:00 Cycling <small>Lucy</small>		
6:15 Express Cycling <small>Ric</small>	6:00 Cycling <small>Megan</small>		4:00 TRX* <small>Megan</small>		
7:00 Core & More <small>Megan</small>			5:00 Strength Circuits <small>Megan</small>		
			5:00 H <sub>2</sub> O Fitness <small>Jill</small>		
			6:00 Strong <small>Elizabeth</small>		
			6:00 Bootcamp † <small>Maddie</small>		

## Sunday

\* Denotes classes held in the TRX area.

\*\* Denotes classes that are 20 minutes

‡ Denotes classes that have an additional charge of \$30 a month or \$10 drop in.

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.

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.

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

## 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.

- Tabata—High intensity but short duration The typical Tabata is 20 seconds work and 10 seconds rest but we adjust those numbers up a little bit at times Nothing over a minute at a time though!
- Stroops—Interval training mixed with strength and core work to get a dynamic workout using elastic bands.
- Joint Health—A low impact physical activity class to reduce pain and decrease stiffness of joints to help with Arthritis.
- Balance Fit & Fun—Work on your balance while having fun with a variety of games and exercises.
- LIIT/HIIT—Low Intensity Intervals with less intense exercises and longer recovery time mixed with
- High Intensity Intervals HIIT (High Intensity Interval Training)—Cute name for interval classes Whether it's strength, core, or cardio we would like you to work out at your ability in various interval levels. Focused on small bursts of ALL OUT effort followed by short, sometimes active, recovery periods.
- Mix Intervals—Get as much from your workout as you can with 20 minutes of cardio, 20 minutes of strength, 20 minutes of core.
- Healthier Me—This is a great beginner class to all things fitness; cardio, strength and flexibility. Get help to lower your blood pressure. This class is at your own pace to get you comfortable with the basics of working out and starting an exercise program.
- Power Hour—A mixture of cardio, strength, and core/flexibility each done in 20 minute times
- Trio 15—15 minutes of Cycling, full body strength, and core
- Cycling/Strength Circuit—a one hour class split between cycling and strength circuit.

## Aquatic Classes

All water classes offer a great workout with less impact on your joints. If it's deep impact you will be simulating a deep water class. Relax in the warm water pool for Tai Chi, Yoga, Etc.

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

## 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.

- Strength Circuits—Challenge all your muscle groups, using barbells and weight room exercises like squats, presses, lifts, and curls.
- Pilates Flow—Body Toning, Core focusing exercises on the mat and Bar using different equipment like stability ball, Bosu, Bands, wts, etc

## Mind/Body Classes

Connecting the mind to the body with movement and breath, working together while building strength, flexibility and relaxation. These classes also help with balance and a great addition to any cardio and strength routine.

- 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.



**Myzone integration is here!** Our members now have access to use the MyZone Monitors. It is recommended to have at least 30 minutes of exercises per week at 90% of your Max Heart Rate. See the front desk for more information.

**Members are encouraged to try new classes and are allowed to leave at anytime for any reason.**

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

### 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.