

June 2020 Group Exercise Schedule

Hours:
 Monday-Friday 5 a.m.-8 p.m.
 Saturday 6 a.m.-2 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 Yoga <small>Bill</small>	5:15 Water <small>Andrea</small>	8:00 Balance Fit & Fun <small>Maddie</small>	5:15 Water <small>Andrea</small>	5:30 Pound <small>Megan</small>	6:30 Cycling
8:00 Tread <small>Sandra</small>	5:30 HIIT <small>Megan</small>	9:00 Aqua Blast <small>Lucy</small>	5:30 Circuits/Core <small>Tyler</small>	8:00 HIIT <small>Tyler</small>	
9:00 Yoga <small>Megan</small>	8:00 Working with Weights <small>Sandra</small>	9:00 Yoga <small>Megan</small>	8:00 Pilates <small>Lucy</small>	9:00 30 min Core <small>Tyler</small>	
9:00 Aqua Mix <small>Lucy</small>	9:00 Drum Strength <small>Lucy</small>	10:00 Cross Train Circuits* <small>Sandra</small>	9:00 Power Hour <small>Megan</small>	9:00 Fuze Craze <small>Lucy</small>	
10:00 Yoga <small>Lucy</small>	11:00 Water Yoga <small>Lucy</small>	10:00 AF Aquatic <small>Lucy</small>	10:00 Water Pilates <small>Lucy</small>	10:00 Flexibility Fit & Fun <small>Lucy</small>	
10:00 Joint Health with a Splash <small>Maddie</small>	11:00 Joint Health <small>Maddie</small>	5:00 Kettlebells and More <small>Sandra</small>	11:00 Joint Health <small>Sandra</small>	11:00 Yoga <small>Lucy</small>	
5:00 Mix Intervals** <small>Megan</small>	12:00 Healthier Me <small>Maddie</small>	5:00 H ₂ O Fitness <small>Lucy</small>	11:00 Aqua Mix <small>Lucy</small>		
5:00 Aqua Bootcamp <small>Maddie</small>	4:00 Cycling <small>Megan</small>	6:00 Yoga <small>Lucy</small>	12:00 Healthier Me <small>Sandra</small>		
6:00 Bootcamp ‡ <small>Megan</small>	4:00 Deep Impact <small>Sandra</small>		4:00 Strength Circuits <small>Megan</small>		
	5:00 Tabata Kickboxing <small>Megan</small>		5:00 HIIT/Core <small>Tyler</small>		
	5:00 H ₂ O Fitness <small>Sandra</small>		5:00 H ₂ O Fitness <small>Megan</small>		
			6:00 Bootcamp ‡ <small>Tyler</small>		

** 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.

Classes are sign up only. Myiclubonline.com

Participants are required to wipe off all equipment after use. No sharing of equipment and maintaining 6 feet of space.

Lap swimming sign up during class times as there will be a limit of two lanes

Sauna to be opened allowing 2 people at a time in the sauna following social distancing.

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

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.