

April 2021 Group Exercise Schedule

Hours:
 Monday-Friday 5 a.m.-8 p.m.
 Saturday 6 a.m.-3 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
5:30 Yoga Bill	5:15 Deep Blue Jill	5:30 Total Strength Tracy	5:15 H ₂ O Fitness Amy	5:30 Butts and Guts Megan	6:30 Cycling
8:00 Deep Impact Lucy	5:30 HIIT Megan	8:00 Deep Impact Lucy	5:30 Cardio, Core & More Tracy	8:00 HIIT Tyler	7:30 60 min Super Saturday 60
8:30 30 min Cardio* Sandra	8:00 Working with Weights Sandra	9:00 Cross Train Circuits Sandra	8:00 Pilates Flow Lucy	8:00 Deep Impact Lucy	9:00 Water 💧
9:00 Aqua Mix Lucy	9:00 Drum Strength Lucy	9:00 Aqua Blast Lucy	9:00 Latin Moves Lucy	9:00 30 min Core Tyler	
9:00 30 min Core Sandra	9:00 H ₂ O Fitness Jill	10:00 Yoga Trudy	10:00 Water Pilates Lucy	9:00 Fuze Craze Lucy	
10:00 Yoga Megan	10:00 H ₂ O Fitness Jill	10:00 AF Aquatic Lucy	10:00 Gentle Yoga Kathy	10:00 Flexibility Fit & Fun Lucy	
10:00 Water Tai Chi Lucy	11:00 Joint Health Maddie	11:00 Tai Chi Trudy	11:00 Joint Health Sandra	11:00 Tai Chi Trudy	
11:00 H ₂ O Fitness Jan	11:00 Water Yoga Lucy	12:00 Balance Fit & Fun Maddie	11:00 Aqua Mix Lucy	11:00 Aqua Blast Lucy	
1:30 Parkinson's Class ‡ 60	12:00 Healthier Me Maddie	5:00 Kettlebells and More Sandra	12:00 Healthier Me Sandra		
5:00 Mix Intervals Megan	5:00 Butts & Gutts Megan	5:00 H ₂ O Fitness Jill	1:30 Parkinson's Class ‡		
5:00 Aqua Bootcamp Maddie	5:00 H ₂ O Fitness Sandra		4:00 H ₂ O Fitness Jill		
6:00 60 min Bootcamp ‡ 60 Megan	6:00 Yoga Megan		4:30 30 min Strength Megan		
			5:00 30 min Cardio Megan		
			5:30 30 min Pilates Megan		
			6:00 60 min Bootcamp ‡ 60 Tyler		
			6:00 30 min Yoga and Flexibility Megan		

‡ Denotes classes have an additional charge. Ask for details at the front desk.

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

Classes are 45 minutes in length, unless specified.

*Class is held in the cardio area.

Limited access to strength equipment on April 16th due to deep cleaning the carpets.

Cardio Classes

- Drum Strength—Beat to your own drum while getting a great cardio floor workout ending with resistance.
- Tread—A treadmill-focused class indoors. Outdoors we still focus on running, but utilize the surrounding terrain.
- Step It Up—Exciting choreographed moves to increase your cardiovascular capacity and muscle conditioning.

Strength/Cardio Mix Classes

- Joint Health—A low impact 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.
- 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—Great beginner class to all things fitness; cardio, strength, flexibility, and to 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 classes (High Intensity Interval Training)—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 full effort followed by short, sometimes active recovery periods.
- Bootcamp—This is one of the most physically demanding classes that we offer but can be modified to accommodate anyone who is interested. Whether we are using battle ropes, slamballs, tires, or the hills out back you can be sure to be challenged here.
- Parkinson's Class—Please ask the HFM Wellness Center front desk for a brochure.

Strength Classes

- Strength Circuits—Challenge all your muscle groups, using various equipment and techniques.
- Pilates Flow—Body toning, core focusing exercises on the mat and barre using different equipment like stability ball, Bosu, bands, wts, etc
- Kettlebells and More—A class that focuses mainly on the use of kettlebells to get a different type of strength training than conventional weights. The “More” part gives our instructors the ability to switch things up.
- Butts and Guts—A class designed for strengthening and toning your glutes and core

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.

- Yoga—higher difficulty level than Relaxation Yoga but can be modified to fit individual abilities and experience.
- Relaxation Yoga—Unwind after a long day and work to destress your mind and body.
- Tai Chi—This low impact class is supportive of joint health through agile steps, high stances, gentle movements, and relaxed breathing.



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.

Aquatic Classes

Water classes offer a great workout with less impact on your joints.

- Aqua Mix—High energy class for all fitness levels-using a variety of equipment, aqua bells, noodles and swimming boards.
- Aqua Blast—A great way to get your workout in with strength, kick boxing and more using pool noodles and aqua bells.
- Fuze Craze—Have fun exercising while dancing to various genres for a total body aerobic and toning routine.
- Deep Impact—Develop core strength and balance while improving cardio endurance with flotation belts and added deep water resistance.

Lap Swimming Schedule—first come first serve for open lanes

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

Monday—5-8 a.m., noon-5 p.m., 6-8 p.m.
Tuesday—6 a.m.-9 a.m., noon-4 p.m., 6-8 p.m.
Wednesday— 5-8 a.m., 11 a.m.-5 p.m., 6-8 p.m.
Thursday—6-10 a.m., noon-5 p.m., 6-8 p.m.
Friday—5-8 a.m., 10 a.m.-8 p.m.

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. There may be reduced lanes during classes.