

July 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
 ☀️ Outdoor Class

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 ☀️
6:30 Cycling Megan	5:30 HIIT Megan	8:00 Deep Impact Lucy	7:00 Pound Sandra	8:00 60 min Cross Training Tyler	7:30 60 min Super Saturday
8:00 Deep Impact Lucy	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 💧
8:30 30 min Cardio* Sandra	9:00 Drum Strength Lucy	9:00 Aqua Blast Lucy	8:00 Water Volleyball** ends at 9:45 💧	9:00 30 min Core Tyler	10:00 Yoga—first Saturday of the month
9:00 Aqua Mix Lucy	9:00 H ₂ O Fitness Jill	10:00 Yoga Trudy	9:00 Latin Moves Lucy	9:00 Fuze Craze Lucy	
9:00 30 min Core Sandra	10:00 H ₂ O Fitness Jill	10:00 AF Aquatic Lucy	10:00 Aqua Mix Lucy	10:00 Flexibility Fit & Fun Lucy	
10:00 Yoga Megan	11:00 Joint Health Maddie	11:00 Tai Chi Trudy	10:00 Gentle Yoga Kathy	11:00 Tai Chi Trudy	
10:00 Water Tai Chi Lucy	11:00 Water Yoga Lucy	12:00 Balance Fit & Fun Maddie	11:00 Joint Health Sandra	11:00 Aqua Blast Lucy	
11:00 H ₂ O Fitness Jan	12:00 Healthier Me Maddie	5:00 Working with Weights Sandra	11:00 Water Pilates Lucy		
1:30 Parkinson's Class ‡ 60	5:00 Butts & Gutts Megan	5:00 H ₂ O Fitness Jill	12:00 Healthier Me Sandra		
5:00 Mix Intervals Megan	5:00 H ₂ O Fitness Sandra		1:30 Parkinson's Class ‡		
5:00 Aqua Bootcamp Maddie	6:00 Yoga Megan		4:30 30 min Strength Megan		
6:00 60 min Bootcamp ‡ Megan			5:00 30 min Cardio Megan		
			5:30 Pilates Megan		
			6:00 60 min Bootcamp ‡ Tyler		

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

Classes are 45 minutes in length, unless specified.

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

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

*Class is held in the cardio area.

☀️ Denotes that class will be outdoors weather permitting.

** Limit 12 participants. This is not a Wellness Center staff coordinated class. Please keep the lap lane closest to the window open for lane swimming.

On July 3, we will only have Super Saturday and Yoga (no cycle or water classes).

4th of July hours: Open 7 a.m.-12 p.m.



in affiliation with



hfmhealth.org/wellnesscenter
 920-320-4600

Cardio Classes

- 30 min. cardio—Choose your favorite cardio machine and allow our instructors to guide you through intervals at your pace.
- Drum Strength—Beat to your own drum while getting a great cardio floor workout ending with resistance.
- Latin Moves—Using Latin dance moves to create a higher pace cardio routine.



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.

Strength/Cardio Mix Classes

- Balance Fit & Fun—Work on your balance while having fun with a variety of games and exercises.
- 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.
- Cross Training—Designed to work on all types of training to give you a well rounded routine.
- 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.
- Joint Health—A low impact class to reduce pain and decrease stiffness of joints to help with Arthritis.
- Mix Intervals—Get as much from your workout as you can with 20 minutes of cardio, 20 minutes of strength, 20 minutes of core.
- Parkinson's Class—Please ask the HFM Wellness Center front desk for a brochure.
- Pound—This is a jam session using lightly weighted drum sticks designed to improve rhythm, coordination and endurance.

Strength Classes

- Butts and Guts—A class designed for strengthening and toning your glutes and core
- Pilates Flow—Body toning, core focusing exercises on the mat and barre using different equipment like stability ball, Bosu, bands, wts, etc
- Strength Circuits—Challenge all your muscle groups, using various equipment and techniques.
- Total Strength—Strength training with various routines, equipment, and techniques to build full body strength
- Working with Weights—Designed to build muscle and strength using Db's, barbells, and Kettlebells

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.

- 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.
- Yoga—higher difficulty level than Gentle Yoga but can be modified to fit individual abilities and experience.

Aquatic Classes

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

- AF Aquatics—Arthritis Foundation Aquatics is designed to increase range of motion, strength, and day to day function while reducing fatigue and pain.
- Aqua Blast—A great way to get your workout in with strength, kick boxing and more using pool noodles and aqua bells.
- Aqua Mix—High energy class for all fitness levels-using a variety of equipment, aqua bells, noodles and swimming boards.
- Deep Impact—Develop core strength and balance while improving cardio endurance with flotation belts and added deep water resistance.
- Fuze Craze—Have fun exercising while dancing to various genres for a total body aerobic and toning routine.
- Water Pilates—Body toning and core strength with controlled exercises using noodles, aqua bells and kick board.
- Water Tai-Chi—Very Slow Motion moves that improve Balance and Core Stability.
- Water Yoga—Enjoy Yoga Poses working on Flexibility and Balance in the Safety of the water.

Lap Swimming Schedule—first come first serve for open lanes

Only one lane is available for lap swimming during designated exercise classes.

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.