

November 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 <small>Bill</small>	5:15 Deep Blue <small>Jill</small>	5:30 Total Strength <small>Tracy</small>	5:15 H ₂ O Fitness <small>Jill</small>	5:30 Butts and Guts <small>Megan</small>	6:30 Cycling
8:00 Deep Blue <small>Jill</small>	5:30 HIIT <small>Megan</small>	8:00 Deep Intervals <small>Jill</small>	5:30 Everything Core <small>Tracy</small>	8:00 60 min Cross Training <small>Tyler</small>	7:30 60 min Super Saturday
8:30 30 min Cardio* <small>Sandra</small>	7:00 Working with Weights <small>Sandra</small>	9:00 H ₂ O Fitness <small>Jill</small>	7:00 Pound <small>Sandra</small>	8:00 H ₂ O Intervals <small>Sandra</small>	9:00 Water Volleyball** ends at 10:45 <small>💧</small>
9:00 Aqua Cardio <small>Jill</small>	8:00 Working with Weights <small>Sandra</small>	9:00 Strength Stability <small>Sandra</small>	8:00 Pilates Flow <small>Lucy</small>	9:00 30 min Core <small>Tyler</small>	
9:00 30 min Core <small>Sandra</small>	8:00 Water Volleyball** ends at 9:45 <small>💧</small>	10:00 Yoga <small>Trudy</small>	8:00 Water Volleyball** ends at 9:45 <small>💧</small>	9:00 H ₂ O Boxing <small>Sandra</small>	
10:00 Yoga <small>Megan</small>	9:00 Drum Strength <small>Lucy</small>	10:00 AF Aquatic <small>Maddie</small>	9:00 Latin Moves <small>Lucy</small>	10:00 Flexibility Fit & Fun <small>Lucy</small>	
10:00 Water Tai Chi <small>Maddie</small>	10:00 Station Class <small>Maddie</small>	11:00 Tai Chi <small>Trudy</small>	10:00 H ₂ O Intervals <small>Sandra</small>	11:00 Tai Chi <small>Trudy</small>	
11:00 H ₂ O Fitness <small>Andrea</small>	11:00 H ₂ O Stretch <small>Andrea</small>	12:00 Balance Fit & Fun <small>Maddie</small>	10:00 Gentle Yoga <small>Kathy</small>	11:00 H ₂ O Mobility <small>Sandra</small>	
1:30 Parkinson's Class ‡ ⁶⁰	11:00 Joint Health <small>Maddie</small>	5:00 Working with Weights <small>Sandra</small>	11:00 Joint Health <small>Sandra</small>		
4:00 Pound <small>Megan</small>	12:00 Healthier Me <small>Maddie</small>	5:00 H ₂ O Fitness <small>Jill</small>	11:00 Aqua Balance <small>Maddie</small>		
5:00 Mix Intervals <small>Megan</small>	5:00 Butts & Gutts <small>Megan</small>		12:00 Healthier Me <small>Sandra</small>		
5:00 Aqua Bootcamp <small>Maddie</small>	5:00 H ₂ O Intervals <small>Sandra</small>		1:30 Parkinson's Class ‡		
6:00 60 min Bootcamp ‡ <small>Megan</small>	6:00 Yoga <small>Megan</small>		5:00 30 min Strong <small>Elizabeth</small>		
			5:30 30 min Step <small>Elizabeth</small>		
			6:00 60 min Bootcamp ‡ <small>Tyler</small>		

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.

** 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.

We will not have any group exercise classes Nov. 25-27

Thursday Nov. 25 we are only open until noon.



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 Stability**—Focus on functional movements with an emphasis on stability, utilizing light free weights, BOSU balls and other equipment to challenge your balance and strength!
- **Strong**—STRONG by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced to the beat.

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
- **Everything Core**—This class will incorporate some aspects of Pilates, include the use of hand weights and body weight to improve your core fitness.

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. Range of motion exercises to increase flexibility.
- **Aqua Balance**—Balance exercises to improve strength, balance and coordination while working in an easier environment in the water.
- **Aqua Cardio**—high energy class for all fitness levels with emphasis on improving cardio endurance and strength.
- **Deep Impact**—Develop core strength and balance while improving cardio endurance with flotation belts and added deep water resistance.
- **Deep Intervals**—Progressive intervals incorporating pool noodle and water weights while treading water with aqua belt.
- **Deep Blue**—Improve cardio endurance, balance, and core strength with the use of flotation belts and other resistance equipment.
- **H2O Boxing**—This high energy class incorporates movements similar to kickboxing to create a full body workout that's modifiable to any fitness level!
- **H2O Fitness**—High energy class suitable for all fitness levels utilizing aqua bells, noodles, and kickboards with a focus on sustained cardio, core strength, and improving overall muscle tone.
- **H2O Intervals**—Challenge your workout and improve overall fitness in this easy to follow interval style class utilizing aqua bells, noodles and kickboards.
- **H2O Mobility**—Work on your joint mobility in our warm therapy pool, to help aid in muscle relaxation and range of motion.
- **Station Class**—10 stations one minute at each station three times through.
- **Water Tai Chi**—Very Slow Motion moves that improve Balance and Core Stability. Tai Chi in 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.