

# October 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 <span style="color: orange;">Bill</span>	5:15 Deep Blue <span style="color: blue;">Jill</span>	5:30 Total Strength <span style="color: blue;">Tracy</span>	5:15 H <sub>2</sub> O Fitness <span style="color: blue;">Jill</span>	5:30 Butts and Guts <span style="color: blue;">Megan</span>	6:30 Cycling
8:00 Deep Impact <span style="color: blue;">Lucy</span>	5:30 HIIT <span style="color: green;">Megan</span>	8:00 Deep Impact <span style="color: blue;">Lucy</span>	5:30 Everything Core <span style="color: blue;">Tracy</span>	8:00 60 min Cross Training <span style="color: green;">Tyler</span>	7:30 60 min Super Saturday
8:30 30 min Cardio* <span style="color: red;">Sandra</span>	8:00 Working with Weights <span style="color: blue;">Sandra</span>	9:00 Cross Train Circuits <span style="color: green;">Sandra</span>	7:00 Pound <span style="color: green;">Sandra</span>	8:00 Deep Impact <span style="color: blue;">Lucy</span>	9:00 Water <span style="color: blue;">💧</span>
9:00 Aqua Mix <span style="color: blue;">Lucy</span>	9:00 Drum Strength <span style="color: red;">Lucy</span>	9:00 Aqua Blast <span style="color: blue;">Lucy</span>	8:00 Pilates Flow <span style="color: blue;">Lucy</span>	9:00 30 min Core <span style="color: green;">Tyler</span>	
9:00 30 min Core <span style="color: green;">Sandra</span>	9:00 H <sub>2</sub> O Fitness <span style="color: blue;">Jill</span>	10:00 Yoga <span style="color: orange;">Trudy</span>	8:00 Water Volleyball** ends at 9:45 <span style="color: blue;">💧</span>	9:00 Fuze Craze <span style="color: blue;">Lucy</span>	
10:00 Yoga <span style="color: orange;">Megan</span>	10:00 H <sub>2</sub> O Fitness <span style="color: blue;">Jill</span>	10:00 AF Aquatic <span style="color: red;">Lucy</span>	9:00 Latin Moves <span style="color: red;">Lucy</span>	10:00 Flexibility Fit & Fun <span style="color: green;">Lucy</span>	
10:00 Water Tai Chi <span style="color: red;">Lucy</span>	11:00 Joint Health <span style="color: green;">Maddie</span>	11:00 Tai Chi <span style="color: orange;">Trudy</span>	10:00 Aqua Mix <span style="color: blue;">Lucy</span>	11:00 Tai Chi <span style="color: orange;">Trudy</span>	
11:00 H <sub>2</sub> O Fitness <span style="color: blue;">Andrea</span>	11:00 Water Yoga <span style="color: red;">Lucy</span>	12:00 Balance Fit & Fun <span style="color: green;">Maddie</span>	10:00 Gentle Yoga <span style="color: orange;">Kathy</span>	11:00 Aqua Blast <span style="color: blue;">Lucy</span>	
1:30 Parkinson's Class ‡ 60	12:00 Healthier Me <span style="color: green;">Maddie</span>	5:00 Working with Weights <span style="color: blue;">Sandra</span>	11:00 Joint Health <span style="color: red;">Sandra</span>		
4:00 Pound <span style="color: green;">Megan</span>	5:00 Butts & Gutts <span style="color: blue;">Megan</span>	5:00 H <sub>2</sub> O Fitness <span style="color: blue;">Jill</span>	11:00 Water Pilates <span style="color: red;">Lucy</span>		
5:00 Mix Intervals <span style="color: green;">Megan</span>	5:00 H <sub>2</sub> O Fitness <span style="color: blue;">Sandra</span>		12:00 Healthier Me <span style="color: green;">Sandra</span>		
5:00 Aqua Bootcamp <span style="color: blue;">Maddie</span>	6:00 Yoga <span style="color: orange;">Megan</span>		1:30 Parkinson's Class ‡		
6:00 60 min Bootcamp ‡ <span style="color: green;">Megan</span>			5:00 30 min Strong <span style="color: green;">Elizabeth</span>		
			5:30 30 min Step <span style="color: green;">Elizabeth</span>		
			6:00 60 min Bootcamp ‡ <span style="color: green;">Tyler</span>		

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.



in affiliation with



[hfmhealth.org/wellnesscenter](http://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.
- 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.
- 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.
- Deep Blue—Improve cardio endurance, balance, and core strength with the use of flotation belts and other resistance equipment.
- Fuze Craze—Have fun exercising while dancing to various genres for a total body aerobic and toning routine.
- H2O Fitness—High energy class suitable for all fitness levels utilizing aqua bells, noodles, and kick boards with a focus on sustained cardio, core strength, and improving overall muscle tone.
- 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.