

June 2022 Group Exercise Schedule

■ Cardio
 ■ Strength
 ■ Mind/Body
 ■ Strength/Cardio Mix
 ■ Aquatics
 💧 Lap Pool
 💧 Warm Water Pool
 ☀️ Outdoor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:20 Yoga (60 min) Bill	5:15 Deep Blue Jill	5:30 Total Strength Tracy	5:15 H ₂ O Fitness Jill	5:30 Pound Megan	6:30 Cycling
6:30 Cycling Sara	5:30 HIIT Sara	8:00 Deep Intervals Jill	5:30 Cycling Tracy	8:00 60 min Cross Training Tyler	7:30 60 min Super Saturday
8:00 Deep Blue Jill	7:00 Pound Megan	8:00 30 min Balance Megan	7:00 Zumba Elizabeth	8:00 Station Class Anne	
8:00 30 min Cardio* Lucy	8:00 Working with Weights Megan	8:30 30 min HIIT Megan	8:00 Pilates Flow Lucy	9:00 H ₂ O Slow Flow Anne	
8:30 30 min Core Lucy	8:00 Water Volleyball** ends at 9:45 Jill	9:00 H ₂ O Fitness Jill	8:00 Water Volleyball** ends at 9:45 Jill	9:00 30 min Core Tyler	
9:00 Aqua Cardio Jill	9:00 Drum Strength Lucy	9:00 Butts and Guts Megan	9:00 Latin Moves Lucy	10:00 Yoga Balance Lucy	
10:00 Chair Yoga Kathy	10:00 Station Class Maddie	10:00 Yoga Megan	10:00 H ₂ O Intervals Jill		
10:00 Aqua Joint Health Jill	11:00 H ₂ O Stretch Andrea	10:00 Aqua Tai Chi Maddie	10:00 Gentle Yoga Kathy		
11:00 H ₂ O Fitness Andrea	11:00 Joint Health Maddie	11:00 Aqua Dance Andrea	11:00 Joint Health Megan		
11:00 Tai Chi Lucy	12:00 Healthier Me Maddie	11:00 Tai Chi Maddie	11:00 H ₂ O Slow Flow Anne		
12:30 Parkinson's Class ‡ 60	5:00 Step Elizabeth	5:00 Working with Weights Megan	12:00 Healthier Me Megan		
1:30 Parkinson's Class ‡ 60	5:00 Aqua Tabata Jill	5:00 H ₂ O Fitness Anne	12:30 Parkinson's Class ‡ 60		
4:30 30 min Kickboxing Lucy		6:00 Yoga Megan	1:30 Parkinson's Class ‡ 60		
5:00 Butts and Guts Megan			5:00 30 min Strong Elizabeth		
5:00 Aqua Bootcamp Maddie			5:30 30 min Step Elizabeth		
6:00 60 min Bootcamp ‡ 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.
 ** 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.



hfmhealth.org/wellnesscenter
 920-320-4600

Cardio Classes

- **30 min. Cardio**—Choose a cardio machine for intervals and add dumbbells for an additional challenge!
- **30 min. Kickboxing**—A combination of kicking and punching for a fun choreographed high intensity cardio class.
- **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.
- **ZUMBA**—An energetic dance class emphasizing Latin music. It blends interval training and rhythm to burn calories while having fun!

 **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.

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.

- **Chair Yoga**—Experience all the benefits of a traditional yoga class. Class starts with mindfulness, moves into seated and standing poses, ending in relaxation. Using a chair assists in attaining optimal alignment, gaining the most benefit from each pose.
- **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.
- **Yoga Balance**—Take advantage of the benefits of yoga, combined with stretch and balance techniques to finish the class.

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.
- **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

- **30 min. Core**—Improve Core strength using different equipment like Bosus, stability balls, medicine balls or even the bar!
- **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.

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.
- **Aqua Tabata**—Challenge your entire body using 20 second exercise bursts with 10 second rest periods.
- **Aqua Tai Chi**—Very Slow Motion moves that improve Balance and Core Stability. Tai Chi in the water.
- **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 kick boards with a focus on sustained cardio, core strength, and improving overall muscle tone.
- **H₂O Intensity**—This high energy class creating a full body workout modifiable to any fitness level!
- **H₂O Intervals**—Challenge your workout and improve overall fitness in this easy to follow interval style class utilizing aqua bells, noodles and kickboards.
- **H₂O Slow Flow**—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.

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.