



# group fitness & aquatics classes



## may 2012



### monday

Time	Class	Studio	Instructor
5:05AM	MADNESS	Court	Chris
5:30AM	H.I.I.T.	A	Jamie
7:00AM	Arthritis Plus	Pool	Sherry
8:00AM	30 Minute Blast	A	Deanna
8:30AM	Beginner Pilates	A	Cathy
8:30AM	Yoga for Fitness	B	Sharon
9:30AM	Cross Train	A	Deanna
9:30AM	Deep Definition	Pool	Sherry
10:30AM	Yoga for Beg.+	A	Tammy
10:30AM	Bodies In Motion	B	Stacey
11:15AM	Pilates Mat	A	Lisa S.
11:15AM	EZ Motion	Th P	Sherry
12:15PM	30 Minute Blast	Court	Sharon
4:45PM	Step Interval	A	Deanna
5:30PM	Pilates Fusion	A	Jamie
5:30PM	Yoga for Beg.+	B	Jackie
5:30PM	Bariatric Cardio	PT	Cathy
5:30PM	Hydrofit	Pool	Donna
6:15PM	Zumba®	A	Sharon
6:15PM	Bariatric Aqua.	Pool	Cathy
6:30PM	Indoor Cycling	Cycle	Bud
7:15PM	Muscle Flex	A	Donna

### tuesday

Time	Class	Studio	Instructor
5:15AM	Pilates Mat	A	Lisa S.
5:30AM	Cycle Circuit	Cycle	Lisa H.
8:00AM	30 Minute Blast	A	Deanna
8:30AM	Total Body Toning	A	Sharon
8:30AM	Trans. Tuesday	Cycle	Missy
8:45AM	Vinyasa Yoga	B	Ashley
9:15AM	Toning for Beg.	A	Sharon
9:30AM	Pilates Mat	B	Cathy
10:00AM	Aquafit	Pool	Sharon
10:30AM	Arthritis-Land	A	Sherry
10:30AM	Tai Chi	B	Tina
11:15AM	Gentle Yoga	A	Sherry
11:15AM	Arthritis Basic	Th P	Cathy
11:30AM	Intl Folk Dance	B	Jessie
12:15PM	Indoor Cycling	Cycle	Bud
4:45PM	Zumba®	A	Deanna
5:30PM	Total Body Toning	A	Cathy
5:30PM	Yoga for Beg.	B	Janice
5:30PM	Cycle Blast	Cycle	Jamie
5:30PM	Complete Relax	Class	Sherry
6:15PM	Indoor Cycling	Cycle	Sandy
6:30PM	30 Minute Blast	A	Cathy

### wednesday

Time	Class	Studio	Instructor
5:05AM	MADNESS	Court	Chris
5:30AM	Toning & Cardio	A	Lisa H.
7:00AM	Arthritis Plus	Pool	Sherry
8:00AM	Ab Lab	A	Deanna
8:30AM	Beg. Pilates	A	Cathy
8:30AM	Yoga for Fitness	B	Sharon E.
9:30AM	30 Minute Blast	A	Sharon E.
9:30AM	Aqua Boot Camp	Pool	Cathy
10:30AM	Yoga for Beg.	A	Ashley
10:30AM	Bodies In Motion	B	Stacey
10:30AM	Aqua Zumba®	Pool	Sharon E.
11:15AM	Pilates Mat	A	Lisa S.
11:15AM	EZ Motion	Th P	Sherry
11:30AM	Vinyasa Yoga	B	Ashley
12:15PM	30 Minute Blast	A	Chris
4:45PM	KBs & Core	A	Deanna
5:30PM	Pilates Fusion	A	Jamie
5:30PM	Yoga for Fitness	B	Janice
5:30PM	Bariatric Cardio	PT	Cathy
6:15PM	Step	A	Donna
6:15PM	Bariatric Aqua.	Pool	Cathy
6:30PM	Cycle Interval	Cycle	Stacey
7:15PM	Muscle Flex	A	Donna

### thursday

Time	Class	Studio	Instructor
5:15AM	Pilates Mat	A	Lisa S.
5:30AM	Indoor Cycling	Cycle	Lisa H.
5:30AM	Y.O.Y.O. Swim	Pool	Missy
8:00AM	30 Minute Blast	A	Deanna
8:30AM	Total Body Toning	A	Sharon
8:30AM	Long Ride	Cycle	Missy
8:45AM	Vinyasa Yoga	B	Ashley
9:00AM	Swim Class	Pool	Bud
9:15AM	Toning for Beg.	A	Sharon
9:30AM	Pilates Mat	B	Cathy
10:00am	Aquafit	Pool	Sharon
10:30AM	Arthritis-Land	A	Sherry
10:30AM	Tai Chi	B	Tina
11:15AM	Gentle Yoga	A	Sherry
11:15AM	Arthritis Basic	Th P	Cathy
11:30AM	Intl Folk Dance	B	Jessie
12:15PM	Indoor Cycling	Cycle	Bud
12:15PM	Complete Relax	Class	Sherry
4:45PM	Boot Camp	A	Deanna
5:30PM	Toning & Cardio	A	Cathy
5:30PM	Yoga for Beg.	B	Janice

### friday

Time	Class	Studio	Instructor
5:05AM	MADNESS	Court	Chris
5:30AM	H.I.I.T.	A	Jamie
7:00AM	EZ Motion	Th P	Cathy
8:30AM	Zumba®	A	Sharon E.
8:30AM	Beg. Pilates	B	Cathy
9:30AM	Total Body Toning	A	Deanna
9:30AM	Deep Definition	Pool	Cathy
10:30AM	Yoga for Beg.	A	Jackie
10:30AM	Bodies In Motion	B	Stacey
11:15AM	EZ Motion	Th P	Sharon
12:15PM	30 Minute Blast	Court	Sharon
5:30PM	Zumba®	A	Christy
5:30PM	Indoor Cycling	Cycle	Stacey
5:45PM	Bariatric Aquatics	Pool	Cathy

### saturday

Time	Class	Studio	Instructor
8:30AM	Boot Camp	A	Lisa H.
9:00AM	Hot Yoga	Th P	Jamie
9:00AM	Cycle & Strength	Cycle	Sandy
10:15AM	Muscle Flex	A	Donna

### sunday

Time	Class	Studio	Instructor
1:00PM	Indoor Cycling	Cycle	Bud
2:30PM	Aquafit	Pool	Donna

#### LOCATION GUIDE:

- A = Studio A (upstairs)
- B = Studio B (upstairs)
- Cycle = Cycling Studio (downstairs)
- PT = Functional Restoration (downstairs)
- Court = Basketball Court (downstairs)
- Class = Classroom (downstairs)
- Pool = Lap Pool

#### CLASS TYPE GUIDE:

	Aquatics Class
	Cycling Class

6:15PM	Zumba® Beg.	B	Christy
6:15PM	Indoor Cycling	Cycle	Sandy
6:30PM	KBs & Core	A	Cathy

 Mind/Body Class

Th P = Therapy Pool

# CLASS DESCRIPTIONS

## AQUATICS CLASSES:

**Aquafit:** A moderate intensity water aerobics class with cardiovascular and toning benefits. 55 minute class. (Level 2)

**Aqua Boot Camp:** A high intensity cardiovascular and strengthening class. 45 minute class. (Level 2)

**Aqua Zumba®:** Fusion of Latin and international dances in the aquatic environment. 45 minute class. (Level 2)

**Arthritis Basic:** This class is designed to increase strength and range of motion by using exercises recommended by the Arthritis Foundation. 45 minute class. (Level 1)

**Arthritis Plus:** This class is designed to increase cardiovascular endurance and strength using exercises recommended by the Arthritis Foundation. 45 minute class. (Level 1)

**Bariatric Aquatics:** A light water aerobics class designed for individuals that are preparing for, or have just undergone, Bariatric surgery. All HealthPlex members are welcome to join this class. 45 minute class. (Level 1)

**Deep Definition:** 30 minutes of deep water training followed by 25 minutes of strengthening and toning. 55 minute class. (Level 2)

**EZ Motion:** This class consists of strengthening and conditioning in the Therapy Pool. 45 minute class. (Level 1)

**Hot Yoga:** A challenging full body workout that strengthens, relaxes, and detoxifies the body while increasing flexibility, concentration, and circulation. 55 minute class. (Level 2)

**Hydrofit:** A moderate intensity water aerobics class with cardiovascular benefits. 45 minute class. (Level 2)

**Swim Class:** Swim lessons for the beginning swimmer in a group setting. 45 minute class. (Level 1)

**Y.O.Y.O. Swim:** You're Qn Your Qwn for this challenging lap swim workout. An instructor will post a workout poolside for members to complete. Class time varies. (Level 2)

## CYCLING CLASSES:

**Cycle & Strength:** **Indoor Cycling** class with an additional strength training portion of the class. Class time varies. (Level 2)

**Cycle Blast:** 30 minutes of high-intensity cycling. Class can be scaled for all fitness levels. 30 minute class. (Level 3)

**Cycle Circuit:** **Indoor Cycling** with weight training or running circuits. 55 minute class. (Level 2)

**Cycle Interval:** Cycling intervals with body weight exercises (push ups, squats, lunges, etc.) 45 minute class. (Level 2)

**Indoor Cycling:** Stationary cycling class that simulates hills, sprints and even-paced rides. 45 minute class. (Level 2)

**Indoor Cycling (Transition Tuesday):** Indoor Cycling followed by several miles of running. 1 hour class. (Level 3)

**Long Ride:** Get ready for 90 minutes of cycling!!! 90 minute class. (Level 3)

## MIND / BODY CLASSES:

**Complete Relaxation:** A class designed to de-stress the body, mind and spirit through deep stretching with purposeful breathing. 60 minute class. (Level 1)

**Gentle Yoga:** Slow, smooth yoga for beginners. 45 minute class. (Level 1)

**Hot Yoga:** A challenging full body workout that strengthens, relaxes and detoxifies the body while increasing flexibility, concentration, and circulation. 55 minute class. (Level 2)

**Pilates Fusion:** Functional strength and balance fused with Pilates mat exercises. 45 minute class. (Level 2)

**Pilates Mat:** Stretch and strengthen the core muscles using exercises developed by Joseph Pilates. Class time varies. (Level 2)

**Tai Chi:** Martial arts class concentrating on strength and balance. Meditation in motion. 45 minute class. (Level 1)

**Vinyasa Yoga:** A yoga class that synchronizes breath work with fast flowing movement. 55 minute class. (Level 2)

**Yoga for Beginners:** Yoga for the novice exerciser, mature adult, or prenatal/postpartum woman. 45 minute class. (Level 1)

**Yoga for Beginners + :** Beginner yoga class for the slightly more advanced exerciser. 45 minute class. (Level 1+)

**Yoga for Fitness:** Fitness-based yoga class. 55 minute class. (Level 2)

## OTHER CLASSES:

**Ab Lab:** Exercises for the abdominals / core muscles. 30 minute class. (Level 2)

**Arthritis – Land:** A class specifically developed for people with arthritis and related diseases. 30 minute class. (Level 1)

**Bariatric Cardio:** A light aerobics class designed for individuals that are preparing for, or have just undergone, Bariatric surgery. All HealthPlex members are welcome to join this class. 45 minute class. (Level 1)

**Beginning Pilates Mat:** Traditional Pilates exercises to strengthen the core. 45 minute class. (Level 1)

**Bodies in Motion:** Cardiovascular and toning exercises for our mature members. 45 minute class. (Level 1)

**Boot Camp:** Athletic training at its best!!!! 45 minute class. (Level 3)

**Cross Train:** Cardiovascular and resistance training for beginner and intermediate exercisers. 45 minute class. (Level 2)

**H.I.I.T.:** High intensity intervals paired with moderate intensity recovery intervals. 45 minute class. (Level 2)

**International Folk Dance:** Dancing with an international flair!! 45 minute class. (Level 1)

**KettleBells & Core:** KettleBell exercises for the entire body with special emphasis on the core muscles. 45 minute class. (Level 2)

**Madness:** Full body, high-intensity workout. 45 minute class. (Level 3)

**Muscle Flex:** Muscle conditioning class using equipment similar to equipment on the fitness floor. 55 minute class. (Level 2)

**Step:** Traditional cardiovascular workout using the Reebok step. 55 minute class. (Level 2)

**Step Interval:** Toning exercises with bursts of cardiovascular work. 45 minute class. (Level 2)

**30 Minute Blast:** High-intensity cross-training. Class can be scaled for all fitness levels. 30 minute class. (Level 3)

**Toning & Cardio Circuit:** Muscular strength segments interspersed with one-minute cardio segments. 45 minute class. (Level 2)

**Toning for Beginners:** Total body resistance training for the beginning exerciser. 30 minute class. (Level 1)

**Total Body Toning:** Strengthen and tone the entire body using weights, balls, and resistance bands. 45 minute class. (Level 2)

**Zumba®:** Fusion of Latin and international dances for an exciting and fun cardiovascular workout! 55 minute class. (Level 2)

**Zumba® for Beginners:** All the fun of Zumba® at a slower pace for beginners. 45 minute class. (Level 1)

*Level 1 classes are appropriate for all exercisers.*

*Level 2 classes are appropriate for intermediate to advanced exercisers.*

*Level 3 classes are appropriate for advanced exercisers.*