

## MARCH, 2010

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM	Studio A		Pilates Mat Lisa S.	Muscle Flex Sandy	Pilates Mat Lisa S.	Muscle Flex Sandy		
5:30 AM	Studio B	Cycle Circuit Jamie	Body Bar Circuit Lisa H.	Cycle Circuit Lisa H.		Cycle Circuit Lisa H.		
7:45 AM	Studio B			Tai Chi Fusion Cathy				
8:05 AM	Studio A	Ab Lab Deanna		Ab Lab Deanna (Studio A)				
8:15 AM	Studio B	Beginners Pilates Cathy (Studio A)				Beginners Pilates Cathy		
8:30 AM	Studio A	Yoga for Fitness Sharon E. (Studio B)	Total Body Toning Sharon	YogaSculpt Sharon	Total Body Toning Sharon	Zumba® Sharon	Yoga for Fitness Jamie (9 AM)	
8:30 AM	Studio B		Indoor Cycling Missy		Indoor Cycling Missy			
9:30 AM	Studio A	Baby Booties Deanna	PiYo Cathy	Beginning Step Deanna	Pilates Mat Cathy	Total Body Toning Deanna	Muscle Flex Donna (10:15 AM)	
9:30 AM	Studio B			Boot Camp Sharon	Tai Chi Tina		Cycle & Strength Sandy (9 AM)	
10:30 AM	Studio A	Yoga for Beginners Tammy H.	Bodies in Motion Cathy	Yoga for Beginners Jackie	Bodies in Motion Cathy	Yoga for Beginners PLUS Jackie		
10:30 AM	Studio B	Bodies in Motion Cathy	Tai Chi Tina	Bodies in Motion Sharon	Beginner Tai Chi Tina	Bodies in Motion Cathy		
11:15 AM	Studio A	Pilates Mat Lisa S.	Gentle Yoga Sharon	Pilates Mat Lisa S.	Gentle Yoga Sharon			
12:00 PM	Studio B		Pilates Mat Cathy		PiYo Cathy			
12:15 PM	Studio A	Boot Camp Cathy				Cycle Circuit Cathy		Cycle & Pilates Cathy (1:30 PM)
12:15 PM	BB Court		Athletic Drills Nick		Athletic Drills Nick			
3:00 PM	Studio A			Beginner Tai Chi Tina				
4:45 PM	Studio A	Cardio Interval - Lower Deanna	Zumba® Deanna	Cardio Interval - Upper Deanna	Zumba® Deanna			
5:30 PM	Studio A	Pilates Mat Jamie	Total Body Toning Cathy	Pilates Mat Jamie	Total Body Toning Cathy	Zumba® Sharon		
5:30 PM	Studio B	Yoga for Beginners PLUS Jackie	Yoga for Beginners Janice	Yoga for Beginners PLUS Janice	Yoga for Beginners Janice			
5:30 PM	Functional Restoration	Bariatric Cardio Cathy		Bariatric Cardio Cathy		Bariatric Zumba® Cathy (3/12 & 3/26)		

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6:15 PM	Studio A	Zumba® Sharon	PiYo Cathy	Step Donna	PiYo Cathy		<b>** See Flyer at the Fitness Desk for Class Details</b>  <b>Classes, class times, and instructors are subject to change.</b> <b>For the most recent schedules please call the HealthPlex at 570-5433.</b>	
6:15 PM	Studio B		Cycle & Strength Sandy		Cycle & Strength Sandy			
6:30 PM	Studio B	Indoor Cycling Cindy		Indoor Cycling Sandy				
7:15 PM	Studio A	Muscle Flex Donna		Muscle Flex Donna				

### OUR CERTIFIED INSTRUCTORS:

<i>Sharon Elder, Supervisor</i>	<i>Tammy Hartman</i>
<i>Sherry Aten</i>	<i>Lisa Hernandez</i>
<i>Joy Beach</i>	<i>Sandy Kasala</i>
<i>Deanna Chang</i>	<i>Jackie Marlow</i>
<i>Nick Cochrum</i>	<i>Jamie McElroy</i>
<i>Janice Driver</i>	<i>Lisa Stuart</i>
<i>Donna Eddleman</i>	<i>Cathy Verduzco</i>
<i>Cindy Friemel</i>	<i>Tina Wu</i>

## CLASS DESCRIPTIONS

**Athletic Drills:** Interval training using athletic drills from several sports. 45 minute class. (Level 3)

**Baby Booties:** Boot Camp class for the beginner to intermediate level exerciser. 45 minute class. (Level 1)

**Bariatric Zumba®:** A light Zumba® 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)

**Beginning Step:** Traditional cardiovascular workout using the Reebok step. 45 minute class. (Level 1)

**Beginner Tai Chi:** Tai Chi class for the novice exerciser. 45 minute class. (Level 1)

**Bodies in Motion:** Cardiovascular and toning exercises for our mature members. Many exercises are performed seated in a chair. 45 minute class. (Level 1)

**Body Bar Circuit:** Circuit training using the Body Bar for resistance and cardiovascular training. 45 minute class. (Level 2)

**Boot Camp:** Athletic training at its best!! Jumping jacks, push-ups, sprints, stair climbing, bike riding, etc. 45 minute class. (Level 3)

**Cardio Interval - Lower Body:** Lower body toning with bursts of cardiovascular work. 45 minute class. (Level 2)

**Cardio Interval - Upper:** Upper body toning with bursts of cardiovascular work. 45 minute class. (Level 2)

**Cycle & Pilates:** 45 minutes of **Indoor** Cycling followed by 30 minutes of **Pilates** exercises. 75 minute class. (Level 2)

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

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

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

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

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

**Pilates Mat:** Stretch and strengthen the core muscles using exercises developed by Joseph Pilates. Class time varies. (Level 1)

**PiYo:** A mind/body class that mixes the disciplines of Pilates and yoga. 55 minute class. (Level 2)

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

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

**Tai Chi Fusion:** A combination of mind/body exercises (Tai Chi, yoga, and Pilates). 45 minute class. (Level 1)

**Total Body Toning:** Strengthen and tone the entire body using weights, balls, and resistance bands. 55 minute class. (Level 2)

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

**Yoga for Beginners PLUS:** Beginner yoga class for the slightly more advanced exerciser. This class level is between Yoga for Beginners and Yoga for Fitness. 45 minute class. (Level 1+)

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

**YogaSculpt:** Fitness-based yoga using light weights, resistance bands, and balls to tone and sculpt the muscles. 55 minute class. (Level 2)

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

**Zumba® Gold:** Zumba® class for mature and deconditioned members with a portion of the class taught while seated in a chair and a portion taught while standing with slower movements. 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.*