

FEBRUARY, 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 Sherry			
12:00 PM	Studio B		Pilates Mat Cathy		PiYo Cathy			
12:15 PM	Studio A	Boot Camp Cathy		Boot Camp Cindy		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 (2/5 & 2/19)		

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