

FEBRUARY, 2012

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM	Studio A		Pilates Mat Lisa S.		Pilates Mat Lisa S.			
5:30 AM	Studio B	H.I.I.T. Jamie	Cycle Circuit Lisa H.	Toning & Cardio Circuit Sharon M.	Indoor Cycling Lisa H.	H.I.I.T. Jamie		
8:00 AM	Studio A	30 Minute Blast Deanna ★	30 Minute Blast Deanna ★	Ab Lab Deanna ★	30 Minute Blast Deanna ★			
8:30 AM	Studio A	Beginners Pilates Cathy	Total Body Toning Sharon E.	Beginners Pilates Cathy	Total Body Toning Sharon E.	Zumba® Sharon	Boot Camp Lisa H.	
8:30 AM	Studio B	Yoga for Fitness Sharon E.	Indoor Cycling Missy	Yoga for Fitness Sharon E.	Indoor Cycling Missy	Beginners Pilates Cathy		
9:00 AM	Poolside						Hot Yoga Jamie	
9:30 AM	Studio A	Cross Train Deanna	Pilates Mat Cathy	30 Minute Blast Sharon E. ★	Pilates Mat Cathy	Total Body Toning Deanna	Cycle & Strength Sandy (9 AM)	
10:15 AM	Studio A						Muscle Flex Donna	
10:30 AM	Studio A	Yoga for Beginners Tammy H.	Arthritis - Land Sherry	Yoga for Beginners Jackie	Arthritis - Land Sherry	Yoga for Beginners Jackie		
10:30 AM	Studio B	Bodies in Motion Stacey	Tai Chi Tina	Bodies in Motion Stacey	Tai Chi Tina	Bodies in Motion Stacey		
11:15 AM	Studio A	Pilates Mat Lisa S.	Gentle Yoga Sherry	Pilates Mat Lisa S.	Gentle Yoga Sherry			
12:15 PM	Basketball Court	30 Minute Blast Sharon E. ★				30 Minute Blast Sharon E. ★		
12:15 PM	Education Room First Floor			Complete Relaxation Sherry				
12:15 PM	Studio B		Indoor Cycling Bud ★	Indoor Cycling Cindy	Indoor Cycling Bud ★			
1:00 PM	Studio B							Indoor Cycling Bud ★
4:45 PM	Studio A	Step Interval Deanna	Zumba® Deanna	KettleBells & Core Deanna	Boot Camp Deanna			
5:30 PM	Studio A	Pilates Mat Jamie	Total Body Toning Cathy	Pilates Mat Jamie	Toning & Cardio Circuit ★ Cathy			
5:30 PM	Studio B	Yoga for Beginners PLUS Jackie	Yoga for Beginners Janice	Yoga for Fitness Janice	Yoga for Beginners Janice	Indoor Cycling Stacey		
5:30 PM	Education Room		Complete Relaxation Sherry ★					
5:30 PM	Functional Restoration	Bariatric Cardio Cathy		Bariatric Cardio Cathy				

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 PM	Studio A	Zumba® Sharon E.		Step Donna			** 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	30 Minute Blast Cathy ★	Indoor Cycling Stacey	30 Minute Blast Cathy ★			
7:15 PM	Studio A	Muscle Flex Donna		Muscle Flex Donna				

★ NEW CLASS !!

OUR CERTIFIED INSTRUCTORS:

<i>Sharon Elder, Supervisor</i>	<i>Sandy Kasala</i>
<i>Sherry Aten</i>	<i>Jackie Marlow</i>
<i>Stacey Betts</i>	<i>Jamie McElroy</i>
<i>Deanna Chang</i>	<i>Sharon Medina</i>
<i>Janice Driver</i>	<i>Bud Mendez</i>
<i>Donna Eddleman</i>	<i>Lisa Stuart</i>
<i>Cindy Hanson</i>	<i>Cathy Verduzco</i>
<i>Tammy Hartman</i>	<i>Tina Wu</i>
<i>Lisa Hernandez</i>	

** Please reserve a bike at the Front Desk after 6:00 p.m. for the Monday evening Indoor Cycling class.

CLASS DESCRIPTIONS

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

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

Arthritis - Land: A class specifically developed for people with arthritis and related diseases featuring exercises scientifically proven by the Arthritis Foundation to help reduce pain and stiffness, and help maintain or improve mobility, muscle strength, and functional ability. 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. Many exercises are performed seated in a chair. 45 minute class. (Level 1)

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

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

Cross Train: Cardiovascular and resistance training for beginner and intermediate exercisers. 45 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)

H.I.I.T.: High intensity interval training. Cardiovascular training with intense bursts of cycling, running, jump rope, calisthenics, etc. 45 minute class. (Level 2)

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)

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

KettleBells & Core: KettleBell exercises for the entire body with special emphasis on core muscles. Superior toning and cardiovascular work. 30 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)

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)

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

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

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)

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

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.