

GROUP EXERCISE DESCRIPTIONS

CORE - This class is all about the core! Toning and strengthening muscles in the abdominal and low-back region, PLUS glute work. Each class focuses on breathing, technique and is modified for a variety of upper and lower back problems.

FIT YOGA - This class is demystified, contemporary yoga for mainstream fitness enthusiasts who want a workout as well as all the benefits of traditional yoga. Focus is on improving endurance, flexibility, balance, as well as relaxation and deep breathing.

THE WORKS - A 45-minute class combining cardio exercises and strength training through full range of motion to increase endurance, strength, and enhance flexibility. Class format will vary by instructor and may include use of dumbbells, balls, and bands. All levels welcome.

ZUMBA STEP - All of the step toning and strengthening for your legs and glutes with all of the Zumba fitness party fun that you love. Come and check out this exciting new class!

GROUP CYCLING - This is a high intense class that takes place on our cycling bikes. Each interval-based ride can be tailored to your training needs. Whether you're just starting out, re-gaining your fitness level or trying to stay on top of your conditioning, cycling delivers! If you are new to cycling please bring water and a towel and arrive early for a brief instructor orientation.

WARRIOR WORKOUT - Are you ready to train like a gladiator? Then this is the class for you! With a combination of Kettlebell movements, plyometrics, and body weight work, this will help take your body to the next level of strength, power, and help create that lean look you've always wanted.

ZUMBA - Get ready for a party! This class combines international dance and fitness for an energizing cardio workout. Fast and slow rhythms of dance such as the Salsa, Merengue, and the Cumbia are combined to tone your entire body and burn fat. This class will exhilarate you in one hour while burning calories, engaging your core, building muscle, and learning awe-inspiring dance moves that will engage you in fitness for life. Zumba is meant for all levels.

KUNDALINI YOGA - Kundalini yoga is a physical, mental and spiritual discipline for developing strength, awareness, character, and consciousness. No experience is necessary, and all levels are welcome.

HIT - This class is not for beginners. HIT stands for High Intensity Training, and each week will feature a different workout. You will be challenged each time you take this class.

In this class you will be using dumbbells, kettlebells, bars, bands, and plyometric boxes. Speed and agility training will also be a component. This class will help you become faster and more explosive.

TREADING - Ready for a different and challenging treadmill workout? Take your cardio workout to a whole new level. Interval cardiovascular treadmill workout that incorporates both endurance and lower body strength. Intensity is modified by changes in speed, incline and gate. Designed and modified to challenge all fitness levels.

www.GuthrieHealthWorks.org

Fitness Schedule

HealthWorks
Wellness & Fitness Center



Effective May 5 - August 31, 2014
Schedule subject to change due to member interest.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 6:45am Group Cycling Studio 2 - Bill	6:00 - 7:00am HIT Studio 2 - Ex Phys	6:00 - 6:45am Core** Studio 2 - Melissa	6:00 - 6:35am HIT Studio 1 - Ex Phys	6:00 - 6:45am Group Cycling Studio 2 - Brian		
		6:00 - 6:45am Group Cycling** Studio 2 - Alison	6:00 - 6:35am Core Studio 1 - Ex Phys			
	9:00 - 10:00am Kundalini Yoga Studio 2 - Elisa		9:00 - 10:00am Kundalini Yoga Studio 2 - Elisa		9:00 - 9:45am Group Cycling Studio 2- Staff	9:30 - 10:30am Zumba Studio 1 - Jane S
10:00 - 10:50am The Works Studio 1 - Ex Phys	10:00 - 11:00am Zumba Step Studio 1 - Linda B.	10:00 - 10:50am The Works Studio 1 - Ex Phys	10:00 - 11:00am Step & Tone Studio 1 - Linda B.	10:00 - 11:00am Zumba Gold Studio 1 - Linda B.	10:05 - 10:40am Core* Studio 1-Staff	
						11:00- 12:00pm Kundalini Yoga Studio 2- Elisa
12:05 - 12:50pm Group Cycling Studio 2 - Ex Phys	12:05 - 12:40pm Core Studio 1 - Ex Phys	12:05 - 12:50pm Warrior Workout* Studio 1- Ex Phys	12:05 - 12:40pm Core Studio 1 - Ex Phys	12:05 - 12:50pm Treading Cardio- Ex Phys		
4:45 - 5:45pm Zumba* Studio 1 - Jane S						
5:30 - 6:30pm Fit Yoga Studio 2- Ashley	5:30 - 6:30pm Warrior Workout* Studio 1 - Ex Phys	5:30 - 6:30pm Fit Yoga Studio 2- Ashley	5:30 - 6:30pm Warrior Workout* Studio 1 - Ex Phys	5:30 - 6:25pm Fit Yoga Studio 2- Ashley		
6:45 - 7:30pm Group Cycling* Studio 2 - Ex Phys		6:45-7:30pm Group Cycling* Studio 2 - Ex Phys				

New Class

This class will run May 5 -May 31.

* Please remember to pick up a pass for Group Cycling, Warrior Workout, Core or Zumba 30 minutes prior to class.

This class will run June 1-August 31.