

# Fitness Schedule

**HealthWorks**  
Wellness & Fitness Center

Effective October 4, 2021

Schedule subject to change due to member interest.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 – 6:45 a.m. HIT* Studio 2 – <i>Ex Phys</i>		6:00 – 6:45 a.m. Core* Studio 2 – <i>Ex Phys</i>	6:00 – 6:45 a.m. Group Cycling* Studio 2 – <i>Ex Phys</i>	
	8:00 – 8:50 a.m. Aqua-Fit* Therapy Pool – <i>Lynda</i>		8:00 – 8:50 a.m. Aqua-Fit* Therapy Pool	8:30 – 9:25 a.m. Chair Yoga* Studio 2 - <i>McKenna</i>	
10:00 – 10:50 a.m. Chair Yoga* Studio 2 – <i>Alicia</i>	10:05 – 10:40 a.m. Zumba* Studio 2 – <i>Michelle</i>	10:00 – 10:50 a.m. Chair Yoga* Studio 2 – <i>Alicia</i>	10:00 – 10:50 a.m. Chair Fitness* Studio 2 – <i>Linda B.</i>		10:00 – 10:45 a.m. Core* Studio 2 - <i>Staff</i>
				10:15 – 11:05 a.m. Active Aging* Studio 2 – <i>Linda</i>	
12:05 – 12:50 p.m. Group Cycling* Studio 2 – <i>Ex Phys</i>	12:05 – 12:50 p.m. Core* Studio 2 – <i>Ex Phys</i>	12:05 – 12:50 p.m. Warrior Workout* Studio 2 – <i>Ex Phys</i>	12:05 – 12:50 p.m. Core* Studio 2 – <i>Ex Phys</i>	12:05 – 12:50 p.m. Yoga* Studio 2 – <i>Alicia</i>	
	2:00 – 2:50 p.m. Chair Yoga* Studio 2 – <i>McKenna</i>				
5:15 – 6:05 p.m. Zumba* Studio 2 – <i>Jane</i>		5:30 – 6:25 p.m. Power Yoga* Studio 1 – <i>Bill W.</i>			
5:30 – 6:25 p.m. Aqua Fit* Therapy Pool – <i>Staff</i>	5:30 – 6:25 p.m. HIT / Warrior* Studio 2 – <i>Ex Phys</i>	5:30 – 6:25 p.m. Spin & Strength Studio 2 – <i>Ex Phys.</i>	5:30 – 6:25 p.m. HIT / Warrior* Studio 2 – <i>Ex Phys</i>		

\*Class size in limited, please pick up pass at Front Desk. Passes will be available 30 mins before the start of class. Some classes will be held outside, depending on weather.

## 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.

**FITNESS YOGA** - Complement your exercise routine with our fitness yoga flow. Increase your flexibility, balance, strength and body awareness while deepening your concentration. Let your breath guide you as you move quietly through a sequence of yoga postures carefully selected with your comfort in mind. All body types and ability levels are welcome.

**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.

**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.

**CIRCUIT TRAINING** - Total body workout circuit style. This class offers stations of cardio. Strength, plyometric and core training focus. Maximize your calorie burn and total body training.

**SPIN & STRENGTH** - A 45-minutes dynamic, fast paced, cardiovascular and strength workout. This class is designed to build your cardiovascular endurance and strength while challenging your overall muscular strength. A great overall workout. All fitness levels are welcome.

**AMPD RESISTANCE** - This class takes great music and combines it with simple resistance band movements to create a fun, effective total body workout that is safe for all fitness levels.

**GENTLE YOGA** - This gentle yoga class begins with a focus on strengthening and stretching the entire body in a way that is comfortable for different body types and physical conditions. Then we will move into deeper stretches focusing on releasing deep rooted tension in the body. We will finish with a few restorative poses that deeply stretch the spine, legs, and hips and can be held for several minutes. This class is appropriate for all ages, and all levels of fitness.

**CHAIR YOGA** - Chair yoga is a gentle form of yoga that can be done sitting on a chair, or standing on the ground while using the chair for support. It is beneficial for people with limited mobility, and for those who want to participate in yoga.

**POWER YOGA** - This one-hour class emphasizes strength, balance, and flexibility. It draws from the Ashtanga Yoga tradition. A typical class consists of a full body warm-up, beneficial classical standing yoga posture sequences, and other postures that build core strength and balance. Floor postures include back bends, twists, and hip flexibility exercises. Our goal is to make the class accessible, fun, and a little challenging for most ability levels.

**CHAIR FITNESS** - This class will utilize a chair to focus on fitness. Components of the class will include cardio, strength training, core, and balance work. Some stretching and flexibility will also be highlighted throughout the class.

**BARRE** - The barre workout is a fusion of yoga, pilates, strength training, ballet/dance and core work. The exercises help improve strength, balance, flexibility and posture. The barre workout is perfect for all fitness levels.

**INSTRUCTORS CHOICE** - Tire of the same boring routine? Come tryout this class. Group cycling, Yoga, Aqua, Treading, Skills and Drills - come and be surprised! Class will vary each week depending on the instructor. Type of class will be determined by the instructor.