

## 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.

**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.

**CHAIR YOGA** - This is a unique yoga style that adapts yoga positions and poses through creative use of a yoga chair. The chair replaces the yoga mat and becomes an extension of the body. The student is able to warm up the body safely and perform yoga poses with more support and stability. Poses are done seated on the chair or the chair is used for support during standing poses, forward and backward bends, side extensions, balancing, and leg and arm stretches. Chair Yoga is suitable for all ages, fitness levels and physical conditions.

**GENTLE YOGA** - This gentle yoga class begins with a Vinyasa style flow focused 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 stages of pregnancy, all ages, and all levels of fitness.

**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-minute 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.

**TRIATHLON TRAINING** - This is for the triathlon minded athletes, looking for support from others training in the same sport. Each individual can go at their own pace with triathlon specific workouts. \*\*Studio 2 will be reserved during the winter months but when weather permits rides may be outside.

[www.GuthrieHealthWorks.org](http://www.GuthrieHealthWorks.org)

# Fitness Schedule

**HealthWorks**  
Wellness & Fitness Center

Effective September 4, 2018  
Schedule subject to change due to member interest.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 – 6:45 a.m. Group Cycling* Studio 2- <i>Alison</i>	6:00 – 6:45 a.m. HIT Studio 1 – <i>Ex Phys</i>	6:00 – 6:45 a.m. Group Cycling* Studio 2- <i>Bill</i>	6:00 – 7:00 a.m. Core* Studio 1 – <i>Ex Phys</i>	6:00 – 6:45 a.m. Group Cycling* Studio 2 - <i>Mike</i>		
	9:00 – 10:15 a.m. Kundalini Yoga Studio 2 - <i>Elisa</i>	9:00 – 10:00 a.m. Zumba* Studio 2 - <i>Michelle</i>			9:00 – 9:45 a.m. Group Cycling* Studio 2 - <i>Staff</i>	9:30 – 10:30 a.m. Zumba* Studio 2 – <i>Jane</i>
10:05 – 10:50 a.m. The Works Studio 1 - <i>Tony</i>		10:15 – 11:30 a.m. Gentle Kundalini Studio 2 - <i>Elisa</i>		10:00 – 11:00 a.m. Gentle Yoga Studio 2 - <i>Ashley</i>	10:05 – 10:50 a.m. Core* Studio 1 - <i>Staff</i>	
	10:30 – 11:30 a.m. Zumba* Studio 2 – <i>Michelle</i>		10:30 – 11:30 a.m. Zumba* Studio 2 – <i>Michelle</i>			
11:00 – 12:00 p.m. Chair Yoga Studio 2 - <i>Elisa</i>		11:05 – 11:50 a.m. The Works Studio 1 - <i>Ex Phys</i>		11:05 – 12:00 p.m. The Works Studio 1 - <i>Tony</i>		11:00 – 12:15 p.m. Kundalini Yoga Studio 2 - <i>Elisa</i>
12:05 – 12:50 p.m. HIT Studio 1 – <i>Ex Phys</i>	12:05 – 12:50 p.m. Core* Studio 1 – <i>Ex Phys</i>	12:05 – 12:50 p.m. Warrior Workout* Studio 1 – <i>Ex Phys</i>	12:05 – 12:50 p.m. Core* Studio 1 – <i>Ex Phys</i>	12:05 – 12:50 p.m. Group Cycling* Studio 2 – <i>Ex Phys</i>		
5:15 – 6:15 p.m. Zumba Studio 2 – <i>Jane</i>	5:30 – 6:30 p.m. Warrior Workout* Studio 1 – <i>Ex Phys</i>	5:45 – 6:30 p.m. Group Cycling* Studio 2 – <i>Mike</i>	5:30 – 6:15 p.m. Circuit Training* Studio 1 – <i>Tony</i>			
5:30 – 6:30 p.m. Yoga Studio 1 - <i>Julie</i>	6:30 – 7:30 p.m. Triathlon Training Various Locations		6:30 – 7:15 p.m. Spin & Strength* Studio 2 – <i>Alicia</i>			

\*These classes require passes. You can pick up a pass from the front desk 30 minutes before the start of class.