

# Fitness Schedule

**HealthWorks**  
Wellness & Fitness Center

Effective February 3, 2025

Schedule subject to change due to member interest.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6 – 6:45 a.m. HIT* Studio 1 – <i>Ex Phys</i>	6 – 6:45 a.m. Yoga* Studio 2 – <i>Lauren</i>	6 – 6:45 a.m. Core* Studio 1 – <i>Ex Phys</i>	6 – 6:45 a.m. Group Cycling* Studio 2 – <i>Jane S.</i>		
	8 – 8:50 a.m. Aqua-Fit* Therapy Pool – <i>Lynda</i>		8 – 8:50 a.m. Aqua-Fit* Therapy Pool – <i>Lynda</i>	8:30 – 9:25 a.m. Chair Yoga* Studio 2 – <i>McKenna</i>		
9 – 9:50 a.m. Chair Yoga* Studio 2 – <i>Julie</i>	10:05 – 10:40 a.m. Zumba* Studio 2 – <i>Michelle</i>	9 – 9:50 a.m. Chair Yoga* Studio 2 – <i>Julie</i>	10 – 10:50 a.m. Chair Fitness* Studio 2 – <i>Linda B.</i>		9 – 9:50 a.m. Group Cycling* Studio 2 – <i>Staff</i>	
10 – 10:50 a.m. The Works* Studio 2 – <i>Ex Phys</i>	11 – 11:50 a.m. Chair Yoga* Studio 2 – <i>McKenna</i>	10:15 – 11:05 a.m. Aqua-Fit* Ther. Pool – <i>Chris</i>		10 – 10:50 a.m. Functional Fitness* Studio 2 – <i>Linda B.</i>	10 – 10:45 a.m. Core* Studio 1 – <i>Staff</i>	10 – 10:50 a.m. Yoga* Studio 2 – <i>Jane S.</i>
12:05 – 12:50 p.m. Group Cycling* Studio 2 – <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. Tabata* Studio 1 – <i>Ex Phys</i>	12:05 – 12:50 p.m. Instr. Choice* Studio 1 – <i>Ex Phys</i>		noon – 2 p.m. Family Swim Therapy Pool
5:30 – 6:25 p.m. Yoga Flow* Studio 2 – <i>Jane</i>						
5:30 – 6:25 p.m. Fit Camp* Studio 1 – <i>Ex Phys</i>		4:15 – 5:10 p.m. Mindfulness Yoga* Studio 2 – <i>Jane S.</i>	5:30 – 6:25 p.m. Aqua-Fit* Therapy Pool – <i>Staff</i>			
5:30 – 6:25 p.m. Aqua-Fit* Therapy Pool – <i>Staff</i>	5:30 – 6:25 p.m. HIT / Warrior * Studio 1 – <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 1 – <i>Ex Phys</i>			

\*Class size is 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

**AQUA-FIT** - Full body workout complete with a warm-up, stretching, cardio, toning and cool-down. This class will utilize noodles, hand buoys, and various water aerobic exercises.

**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.

**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.

**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.

**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 CAMP** - This program gets you in shape with military-style training led by an experienced instructor. Featuring tactical training techniques used to provide cardio and strength workout. Classes may be held outside, depending on weather.

**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.

**FUNCTIONAL FITNESS** - This is a circuit style class. After a warm-up, we will move into a circuit routine including: resistance work with dumbbells or tubing; cardio at varying levels of intensity; standing core and balance work; cool-down/stretch. The class ends with agility/hand-eye coordination activities.

**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.

**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.

**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.

**INSTRUCTORS CHOICE** - Tired 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.

**MINDFULNESS YOGA** - During this gentle yoga class, instructor Jane leads participants through a mindfulness exercise during the first portion of the class. A mindfulness exercise then connects to the Yoga poses throughout the remainder of the session. Participants are welcome to utilize a chair if needed.

**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.

**TABATA** - This class is about pushing your limits in strength and cardio. Tabata is a unique form of high-intensity interval training (HIIT) in which very short periods of activity are followed by shorter periods of rest, typically over a period of four minutes per exercise. All fitness levels are welcome and beginners are encouraged.

**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.

**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.

**YOGA** - This class is based on the Hatha style of Yoga. This class guides you through movement that develops strength, flexibility, and a deep connection between, body, mind and breath. You will enhance your understanding of the postures and basic alignment in the body, breathing and relaxation techniques.

**YOGA FLOW** - This class is based on the Vinyasa class style, with a connection to breath and movement. Participants will move through different postures, helping to improve strength and flexibility, increase stamina, and focus on a mind body connection. The class includes modifications to allow for all levels to leave feeling tranquil, powerful and centered.

**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.

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