

	Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday & Notes
Group Fitness Room	5:15 AM	BRANDI		JENNIFER		BRANDI	Saturday
	8:10 AM	KIM 2: Robin & Alex	ABBIE	SEAN 4&11:Jamila	STACEY	KIM & AMY	8:10 AM CARDIO 7: Circuits-Drew 14: ZUMBA- LeighAnne 21: BodyAttack-Abbie 28: STRONG-Sean
	9:05 AM		Stroller Babies (45 min Outside) LIZ Z.		Stroller Babies (45 min Outside) LIZ Z.		
	9:15 AM	PILATES BECKY	ABI	PILATES BECKY	ABI	ABBIE	9:15 AM 7: Robin K. 14: Jennifer 21: Abbie 28: Stacey
	10:30 AM	9&23: Kim Stability Ball 2,16,&30: Cathy	Yoga Basics ROBIN K	Low Impact 4&18: Brenda 11&25: Cathy (Stability Ball)	Yoga Basics BRENDA	KIM 27: Lyn	10:30 AM YOGA BASICS 7: Robin K. 14: Robin K. 21: Brenda 28: Liz Z.
	11:35 AM					Seated Zumba Gold (30Min) Lyn	Sunday
	4:30 PM	ABBIE	BRANDI	Tabata Timing AMY	AMY		2:00 PM CARDIO 1: Zumba-Alex 8: Zumba-Kim 15: Zumba-Robin M 22: Zumba-Lyn 29: STRONG-Amy
	5:30 PM	Prenatal Fitness (Track) LIZ Z.	Circuits on the Track DREW (45 min)	Prenatal Fitness (Track) LIZ Z.			
	5:35 PM	ABBIE (45 MIN) 15 min ABS afterward		SEAN & ROBIN M.	ROBIN M. 5: Alex		Announcements: Labor Day Hours 6:30 am - 12:00 pm Labor Day Classes Zumba 8:10 am Cycle Ride 9:00 am
	5:45 PM	VINYASA YOGA PAIGE 16: Liz D.					
6:15 PM		VINYASA YOGA PAIGE 17: Brenda (45 MIN)					
6:40 PM	SEAN 9:Alex		ALEX (30 MINUTES) 11:Jamila 18:Lyn				
Cycle Studio	5:15 AM		DANIEL		DANIEL		SATURDAYS @ 8:10 AM 7: Liz D 14: Brandi 21: Liz D 28: Ann
	9:00 AM	CYCLE RIDE LIZ D 2: ANN		ANN		ANN	
	9:15 AM		ANN				
	4:30 PM			ANN			Nursery Hours Mon-Thurs: 8-12:30 & 3:30-6:30 Fri: 8-12:30 Sat: 8-11 Sun: Closed
	5:35 PM				ROBIN K.		
POOL	9:15 AM	LYN 2: NO CLASS	ROBIN K.	Tabata Timing ROBIN K.	LYN	ROBIN K.	Instructor's Choice 7: Brenda 14: LeighAnne 21: Sandy 28: LeighAnne
	11:00 AM	Stretch Your Body SANDY		Stretch Your Body SANDY		Stretch Your Body BRENDA	
	1:00 PM	SENIOR WATER BRENDA		SENIOR WATER BRENDA		SENIOR WATER BRENDA	Gym Hours Monday-Friday 5 am-9 pm Saturday 6:30 am-7 pm Sunday 1 pm-7 pm
	5:30 PM	Instructor's Choice 9: Sandy 16: Stacey 23: Sandy 30: Stacey					

AUGUST

Class Locations	Times	Monday	Tuesday	Wednesday	Thursday	Friday	Notes
	7:00 AM	UNLEASH THE BEAST EMILY	*Balance for Seniors Seth	UNLEASH THE BEAST EMILY	*Balance for Seniors Seth	UNLEASH THE BEAST EMILY	
	9:30 AM			Oncology Wellness Graduates Laura		Oncology Wellness Graduates Laura	
	10:00 AM			Healthy Transitions Drew		Healthy Transitions Drew	
	1:00PM			Oncology Wellness Graduates Drew		Oncology Wellness Graduates Drew	
	5:00 PM	Healthy Transitions Laura			Healthy Transitions Laura		
	1:00 PM		Healthy Transitions Jelani		Healthy Transitions Jelani		
Group Room	11:00 AM		Chair Yoga liz				

Focus on Flexibility (Emily & Seth) - This class is specifically focused on improving joint range of motion. We work on foot, ankle, knee, hip, back, shoulder, and hand flexibility. All abilities welcomed.

Unleash the Beast (Emily) - The class goal is to foster friendship through exercise while working all components of fitness. This group has several outings a year (usually active outings) outside of Health Plus.

Healthy Transitions (Drew, Laura, Jelani) - This Clinical Class is for people referred to HealthPlus by their physician, physical therapist, or cardiac rehabilitation. This class is also for individuals who have been diagnosed with diabetes or have multiple cardiovascular risk factors. The objective is to progress to a maintenance program to continue managing your health and wellness as a member of HealthPlus.

Chair Yoga (Liz) – Join this class if you are interested in strengthening your body, improving your balance, flexibility, and mobility. This modified yoga class uses a chair for assistance to move through traditional yoga poses.

Oncology Wellness Graduates (Drew and Laura) - This class is for participants who have completed our Oncology Wellness Program through EAMC. The goal of this class is to continue a lifelong commitment to health and fitness post cancer diagnosis and treatment.

Balance for Seniors (Seth) - This class is for a population of people that have daily balance challenges. This class is low intensity and is circuit style with each station challenging the participants balance in a different way.

Kids Gym Schedule Fall 2019

Promote fun physical activity with your child in our new Kids Gym Program!

	Monday	Tuesday	Wednesday	Thursday	Friday
	3:30-7:00	3:30-7:00	3:30-7:00	3:30-7:00	3:30-6:00
3:30	Arrival	Arrival	Arrival	Arrival	Arrival
4:00	Warm up	Warm up	Warm up	Warm up	Swim
4:30	Aerobics	BOKS	Stretching	BOKS	Swim
5:00	Sports Wall	Fit Games	Sports Wall	Balance	Swim
5:30	Circuits	Dodgeball	Dodgeball	Circuits	Swim
6:00	Rockwall	Balance	Rockwall	Fit Games	
6:30	Free Play	Seminars	Free Play	Free Play	

* BOKS - Building our kids' success