

# CLASS DESCRIPTIONS

**LES MILLS  
BODYPUMP**

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit—fast. Using light to moderate weights with lots of repetition that gives you a total body workout. It will burn up to 540 calories.

**LES MILLS  
BODYPUMP  
>> EXPRESS**

The 40 minute express class of the original barbell class above.

**LES MILLS  
RPM**

RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories in a session. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

**LES MILLS  
CORE**

CORE is a 30 minute core training workout designed by Les Mills which uses your body weight, resistance tubing and weights to tighten and tone.

**SUDO BAHK DO!**

An awesome, martial art effective in stopping inner & outer conflict, for both Adults and Children ages 8 and up. Sign up at Front Desk. Registration required, taken anytime. **Fee based class.**

**XTS**  
Metabolic Training

HealthWorks' premier large group training program. The member will feel the difference using compound exercises to recruit the maximum amount of muscle for every exercise. This style of exercise creates the after burn effect, XPLODING the highest amount of calories. Designed by Certified Personal Trainers, XTS delivers a safe, fun, and effective personal training in a "TEAM" setting. **Fee based class.**

**YOGA**

YOGA as exercise is a physical activity consisting mainly of postures (asanas), often connected by flowing sequences called vinyasas, sometimes accompanied by rhythmic breathing (pranayama), and ending with relaxation lying down in savasana or meditation.

**Genie Strength Yoga**

A 30 minute workout designed for Gen X & Baby Boomers. Light to moderate weights and resistance bands are used to strengthen and tone your entire body. Followed immediately by 30 minutes of restorative Yoga to improve strength, balance, flexibility and clarity of mind.

**GROOVE**

Groove is designed to move your body in the way music makes you feel. When you do it your way, it can never be wrong. So tune in, be kind to yourself, be gentle and find your groove!

**ZUMBA**

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.

**BARRE' ABOVE**

Full-body conditioning class. The trifecta low impact workout that incorporates lower, upper and core exercises with a focus on flexibility, balance, stability and strength. Barre' is not a cardio-focused workout but can be depending on the instructors approach.

**MAT PILATES**

Mat based Pilates class focuses on strength, stability, posture, proper breath control and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement.

**THROWDOWN**

Intense boxing bootcamp. As a full body workout, this class incorporates drills to build power and strength, as well as cardio intervals. Learn boxing techniques and progress into more intense workouts each week. No experience necessary - simply be prepared to channel your inner fighter." **Fee based class.**

**Tai Chi**

**This program is being offered to us by SACOA (South Arkansas Center on Aging) a division of UAMS.**

It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai chi, also called tai chi chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

**Drums Alive**

**This program is being offered to us by SACOA (South Arkansas Center on Aging) a division of UAMS.**

Drums Alive® joins the dynamic movements of aerobic dance with the pulsating rhythms of the drum. It is a unique sensory/motor program that is designed to give the mind and body instant feedback through continuous movement and rhythmic flow.

**HOT YOGA**

This heat-based YOGA class activates higher oxygen flow in the body, which increases caloric burn. HOT YOGA works to build strength and flexibility, connecting breath with movement, bringing calmness and clarity to the mind. HOT YOGA moves a little more quickly and intensely than a traditional YOGA class. **Fee based class.**

**POP UP**

Follow us on Facebook and Instagram for "Pop Up" classes that are not on regular schedule!



## CLASS SCHEDULE

AQUATICS  
TEAM TRAINING  
GROUP FITNESS

**FACILITY HOURS:**  
MON - THU 5:00AM - 8:30PM  
FRI 5:00AM - 7:00PM  
SAT 8AM - 5PM  
SUN 1PM - 5PM

**POOL HOURS:**  
MON - THU 5:00AM - 8:00PM  
FRI 5:00AM - 6:30PM  
SAT 9:00AM - 4:30PM  
SUN 1:00PM - 4:30PM

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FOLLOW US:     

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	<b>XTS</b> Metabolic Training		<b>XTS</b> Metabolic Training		<b>XTS</b> Metabolic Training	
5:30 AM	<b>LES MILLS BODYPUMP</b> EXPRESS	<b>LES MILLS RPM</b>	<b>LES MILLS BODYPUMP</b> EXPRESS	<b>LES MILLS RPM</b>		
8:00 AM		<b>AQUACISE</b>		<b>AQUACISE</b>		
8:15 AM	<b>LES MILLS RPM</b>		<b>LES MILLS RPM</b>	<b>LES MILLS BODYPUMP</b> EXPRESS	<b>LES MILLS RPM</b>	<b>LES MILLS RPM</b>
9:00 AM	<b>XTS</b> Metabolic Training	<b>LES MILLS BODYPUMP</b> EXPRESS	<b>XTS</b> Metabolic Training		<b>XTS</b> Metabolic Training	
9:15 AM		<b>WATER IN MOTION</b>		<b>WATER IN MOTION</b>		
9:30 AM		<b>MAT PILATES</b>		<b>MAT PILATES</b>	<b>LES MILLS CORE</b>	<b>LES MILLS BODYPUMP</b> EXPRESS
10:00 AM	Senior Strength Yoga		Senior Strength Yoga		Senior Strength Yoga	<b>YOGA</b>
10:30 AM	<b>Tai Chi</b>	<b>Drums Alive</b>	<b>Tai Chi</b>	<b>Drums Alive</b>	<b>MAT PILATES</b>	
12:10 PM	<b>LES MILLS BODYPUMP</b> EXPRESS	<b>YOGA</b>	<b>LES MILLS BODYPUMP</b> EXPRESS	<b>YOGA</b>	<b>BARRE' ABOVE</b>	
4:30 PM	<b>ZUMBA</b>		<b>GROOVE</b>	<b>LES MILLS RPM</b>		
5:15 PM	<b>THROWDOWN</b>		<b>THROWDOWN</b>			
5:30 PM	<b>YOGA</b>	<b>LES MILLS BODYPUMP</b> EXPRESS	<b>YOGA</b>	<b>LES MILLS BODYPUMP</b> EXPRESS		
6:00 PM	<b>LES MILLS RPM</b>					
6:30 PM	<b>BOOT_CAMP</b>		<b>BOOT_CAMP</b>			
7:30 PM	<b>SOD BAHK DO</b>	<b>HOT YOGA</b>		<b>HOT YOGA</b>		
				<b>SOD BAHK DO</b>		
				<b>SOD BAHK DO</b>		

USE OUR APP TO RESERVE A SPOT IN ANY CLASS!

**\$ FEE BASED CLASS**

CLASS LOCATION: **1** SOFT STUDIO 1<sup>ST</sup> FLOOR, **2** STUDIO ONE 3<sup>RD</sup> FLOOR, **3** TRAINING STUDIO 3<sup>RD</sup> FLOOR, **4** CYCLE STUDIO 3<sup>RD</sup> FLOOR, **5** FUNCTIONAL TRAINING AREA 2<sup>ND</sup> FLOOR, **6** WARM WATER POOL, **7** LAP POOL, **8** OUTSIDE GRASSY HILL

# HOW TO BOOK A CLASS

1

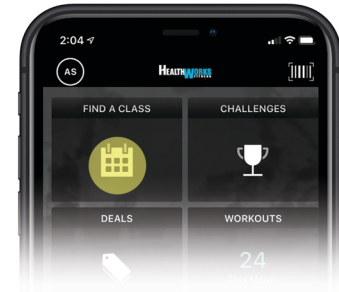
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SCAN ME

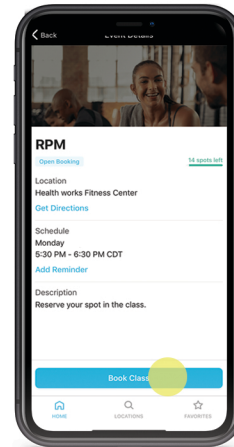
2

Find a class!



3

Book a class!



## IMPORTANT

Please use the app to book or cancel your spot in a class. It's the only way to have it recorded on the schedule, and to reflect the actual spots available on the class booking screen. Booking and canceling works on app only, not on personal Outlook calendars etc.