

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	<b>12</b> <b>XTS</b> Metabolic Training <b>\$</b>		<b>12</b> <b>XTS</b> Metabolic Training <b>\$</b>		<b>12</b> <b>XTS</b> Metabolic Training <b>\$</b>	
5:30 AM	<b>1</b> <b>LesMILLS BODYPUMP</b> >>> EXPRESS	<b>4</b> <b>LesMILLS RPM</b>	<b>1</b> <b>LesMILLS BODYPUMP</b> >>> EXPRESS	<b>4</b> <b>LesMILLS RPM</b>	<b>1</b> <b>LesMILLS BODYPUMP</b> >>> EXPRESS	
8:00 AM		<b>10</b> <b>AQUACISE</b>		<b>10</b> <b>AQUACISE</b>		
8:15 AM		<b>13</b> <b>BARRE'ABOVE</b>		<b>1</b> <b>LesMILLS BODYPUMP</b> >>> EXPRESS	<b>4</b> <b>LesMILLS RPM</b>	<b>4</b> <b>LesMILLS RPM</b>
	<b>12</b> <b>XTS</b> Metabolic Training <b>\$</b>	<b>1</b> <b>LesMILLS BODYPUMP</b> >>> EXPRESS	<b>12</b> <b>XTS</b> Metabolic Training <b>\$</b>		<b>12</b> <b>XTS</b> Metabolic Training <b>\$</b>	
9:00 AM		<b>10</b> <b>WATER IN MOTION</b>		<b>10</b> <b>WATER IN MOTION</b>		
9:15 AM		<b>12</b> <b>MAT PILATES</b> <b>\$</b>	<b>13</b> <b>MUSCLE RECOVERY CLASS</b>	<b>12</b> <b>MAT PILATES</b> <b>\$</b>	<b>1</b> <b>LesMILLS CORE</b>	<b>1</b> <b>LesMILLS BODYPUMP</b> >>> EXPRESS
						<b>13</b> <b>YOGA</b>
9:30 AM	<b>1</b> <b>Senior Strength</b> <b>YOGA</b>		<b>1</b> <b>Senior Strength</b> <b>YOGA</b>			
10:30 AM	<b>1</b> <b>ROCK STEADY BOXING</b> HEALTHWORKS <b>\$</b>		<b>1</b> <b>ROCK STEADY BOXING</b> HEALTHWORKS <b>\$</b>		<b>1</b> <b>ROCK STEADY BOXING</b> HEALTHWORKS <b>\$</b>	<b>1</b> <b>ZUMBA</b>
11:00 AM					<b>12</b> <b>MAT PILATES</b> <b>\$</b>	
12:10 PM	<b>1</b> <b>LesMILLS BODYPUMP</b> >>> EXPRESS	<b>13</b> <b>YOGA</b>	<b>1</b> <b>LesMILLS BODYPUMP</b> >>> EXPRESS	<b>13</b> <b>YOGA</b>	<b>13</b> <b>BARRE'ABOVE</b>	
			<b>13</b> <b>easy YOGA</b>			
4:30 PM	<b>12</b> <b>MAT PILATES</b> <b>\$</b>		<b>1</b> <b>ZUMBA</b>			
	<b>1</b> <b>GROOVE</b>					
5:30 PM	<b>13</b> <b>YOGA</b>	<b>1</b> <b>LesMILLS BODYPUMP</b> >>> EXPRESS	<b>13</b> <b>YOGA</b>	<b>1</b> <b>LesMILLS BODYPUMP</b> >>> EXPRESS		
	<b>4</b> <b>LesMILLS RPM</b>					
6:00 PM	<b>10</b> <b>BOOT_CAMP</b>		<b>10</b> <b>BOOT_CAMP</b>			
6:30 PM	<b>1</b> <b>SOD BAHK DO'</b> <b>\$</b>			<b>1</b> <b>SOD BAHK DO'</b> <b>\$</b>		
7:30 PM	<b>1</b> <b>SOD BAHK DO'</b> <b>\$</b>			<b>1</b> <b>SOD BAHK DO'</b> <b>\$</b>		

USE OUR APP TO RESERVE A SPOT IN ANY CLASS!

**\$** FEE BASED CLASS

CLASS LOCATION: **13** SOFT STUDIO 1<sup>ST</sup> FLOOR, **1** STUDIO ONE 3<sup>RD</sup> FLOOR, **12** TRAINING STUDIO 3<sup>RD</sup> FLOOR, **4** CYCLE STUDIO 3<sup>RD</sup> FLOOR, **10** LAP POOL, **10** OUTSIDE GRASSY HILL, **13** FUNCTIONAL TRAINING AREA 2<sup>ND</sup> FLOOR, **10** WARM WATER POOL, **10** LAP POOL, **10** OUTSIDE GRASSY HILL

## HOW TO BOOK A CLASS

1

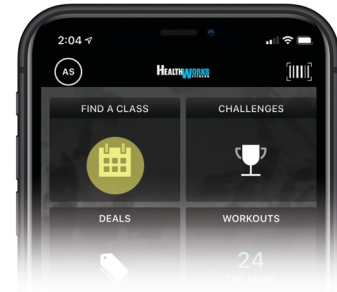
Download our app!



SCAN ME

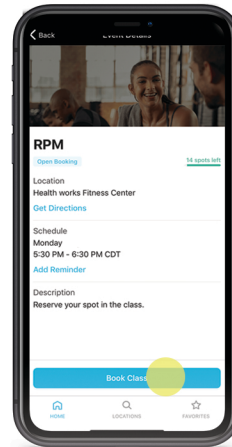
2

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.

# 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.

## AQUA

AQUA STAND UP® is a small group training program inspired by paddle boarding mixed with different fitness techniques like H.I.I.T., Pilates, Yoga and muscular conditioning. Balance is the key! AQUA STAND UP® will help you to reach your goals with fun and effective movements! Accessible to everyone!

## 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. **Fee based class.**

## EASY YOGA

This class is designed for those that have always wanted to try YOGA or that may have tried it in the past and would like a "re-do" EASY on the joints, easy on the effort, EASY YOGA with Amy Ulmer WEDNESDAYS at 12:10 pm

## POP UP

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

## MUSCLE RECOVERY CLASS

Self-myofascial Release is developing into a powerful form of accessible self-care. Each week, enjoy a different sequence of rolling and compressions using bodyweight and breath to melt onto a variety of balls and foam rollers. All positions are modifiable to customize the right level of intensity or comfort. No experience is necessary and it is valuable for everyone from athlete to cubicle jockey; old, young and in between. *Please wear clothing that allows freedom of movement without being too baggy.*



# 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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