

HOW TO BOOK A CLASS

1 Download our app!

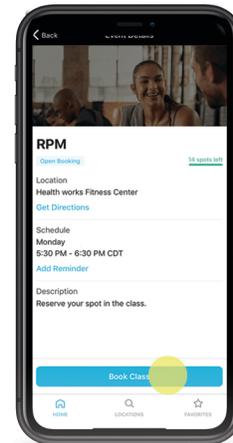


SCAN ME

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.**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5:15 AM

XTS
Metabolic Training

5:30 AM

LES MILLS BODYPUMP
EXPRESS

8:00 AM

AQUACISE

8:15 AM

BARRE'ABOVE

9:00 AM

WATER IN MOTION

9:15 AM

MAT PILATES

9:30 AM

Senior Strength Yoga

10:30 AM

ROCK STEADY BOXING
HEALTHWORKS

11:00 AM

YOGA

12:10 PM

LES MILLS BODYPUMP
EXPRESS

YOGA

4:30 PM

MAT PILATES

5:30 PM

YOGA

LES MILLS RPM

6:00 PM

BOOT_CAMP

6:30 PM

SOD BAHK DO
JUDO

7:30 PM

SOD BAHK DO
JUDO

XTS
Metabolic Training

LES MILLS BODYPUMP
EXPRESS

XTS
Metabolic Training

MUSCLE RECOVERY CLASS

Senior Strength Yoga

ROCK STEADY BOXING
HEALTHWORKS

LES MILLS BODYPUMP
EXPRESS

easy YOGA

ZUMBA

YOGA

BOOT_CAMP

SOD BAHK DO
JUDO

SOD BAHK DO
JUDO

LES MILLS RPM

AQUACISE

LES MILLS BODYPUMP
EXPRESS

WATER IN MOTION

MAT PILATES

LES MILLS CORE

ROCK STEADY BOXING
HEALTHWORKS

YOGA

ZUMBA

LES MILLS BODYPUMP
EXPRESS

BOOT_CAMP

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JUDO

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YOGA

ROCK STEADY BOXING
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BARRE'ABOVE

ZUMBA

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BOOT_CAMP

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JUDO

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JUDO

USE OUR APP TO RESERVE A SPOT IN ANY CLASS!

FEE BASED CLASS

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

CLASS DESCRIPTIONS



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.



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



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.



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.



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.**



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 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.



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 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 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 STAND UP® is a small group training program inspired by paddle boarding mixed with different fitness technics 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.**



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



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



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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