

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' 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.



Combines the traditional principals and movements of Mat Pilates using the reformer machine to accelerate the process of stretching, strengthening, body alignment and increased core strength.



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.**



AQUACISE Enjoy a low-impact water based class that combines muscular endurance and aerobic conditioning. Experience is not required but a fun attitude is! Perfect for our members with arthritis or fibromyalgia!



This class provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. A dynamic cardiovascular full body workout. Equivalent to land based intensity with fantastic sing along music, but without the impact to your joints.



Small group training inspired by paddle boarding mixed with different fitness technics like Hiit (High Intensity Interval Training), Pilates, yoga and core conditioning. Balance is key! Fun and effective movements accessible to everyone! 30-40 minute classes.



HEALING in MOTION Slow, intentional movement to help with performing daily functional tasks such as: walking, sitting to standing, stair climbing, bending, twisting, reaching, etc. Hiit protects the joints with each movement and works on maintaining correct posture, range of motion, and balance, stability and flexibility. We will also exercise our brains and focus on breathing and mindfulness. Taught in the warm water therapy pool.



HIIT20 This 20 minute workout is designed to get you results without spending hours in the gym. 30 - 45 seconds of high intensity exercises followed by 10 - 20 seconds of recovery! Includes warm up and cool down.



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	^{T2} XTS Metabolic Training ^{\$}		^{T2} XTS Metabolic Training ^{\$}		^{T2} XTS Metabolic Training ^{\$}	
5:30 AM	¹ LES MILLS BODYPUMP EXPRESS	^C LES MILLS RPM	¹ LES MILLS BODYPUMP EXPRESS	^C LES MILLS RPM	¹ LES MILLS BODYPUMP EXPRESS	
8:00 AM		^W AQUACISE		^W AQUACISE		
8:15 AM	^C LES MILLS RPM	¹ LES MILLS BODYPUMP EXPRESS	^C LES MILLS RPM	¹ LES MILLS BODYPUMP EXPRESS	^C LES MILLS RPM	^C LES MILLS RPM
9:00 AM	¹ Senior Strength Yoga	^W water motion	¹ Senior Strength Yoga	^W water motion		
			^W HEALING in MOTION			
9:15 AM		¹ MAT PILATES		¹ MAT PILATES		¹ LES MILLS BODYPUMP EXPRESS
						^S YOGA
10:00 AM					¹ MAT PILATES	
10:30 AM	^{T3} PILATES REFORMER ^{\$}		^{T3} PILATES REFORMER ^{\$}			¹ ZUMBA
	¹ ROCK STEADY BOOKING HEALTHWORKS ^{\$}		¹ ROCK STEADY BOOKING HEALTHWORKS ^{\$}		¹ ROCK STEADY BOOKING HEALTHWORKS ^{\$}	
12:10 PM	¹ LES MILLS BODYPUMP EXPRESS	^S YOGA	¹ LES MILLS BODYPUMP EXPRESS	^S YOGA	^S BARRE	
		HIIT20 ^{\$}		HIIT20 ^{\$}		
4:30 PM	¹ ZUMBA		¹ GROOVE			
5:30 PM	^C LES MILLS RPM	¹ LES MILLS BODYPUMP EXPRESS	^S YOGA	¹ LES MILLS BODYPUMP EXPRESS		
	^{T3} PILATES REFORMER ^{\$}					
	¹ THROWDOWN ^{\$}		¹ THROWDOWN ^{\$}			
6:00 PM	^O BOOT-CAMP		^O BOOT-CAMP			
6:30 PM	¹ SOO BAHK DO ^{\$}			¹ SOO BAHK DO ^{\$}		
7:30 PM	¹ SOO BAHK DO ^{\$}			¹ SOO BAHK DO ^{\$}		

USE OUR APP TO RESERVE A SPOT IN ANY CLASS!

CLASS LOCATION:

- ^S Soft Studio 1st Floor
- ¹ Studio One 3rd Floor
- ^{T3} Training Studio 3rd Floor
- ^C Cycle Studio 3rd Floor
- ^{T2} Functional Training Area 2nd Floor
- ^W Warm Water Pool
- ^{LP} Lap Pool
- ^O Outside Grassy Hill

^{\$} FEE BASED CLASS

11/01/23

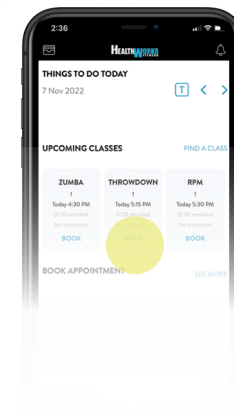
HOW TO BOOK A CLASS

1 Download our app!

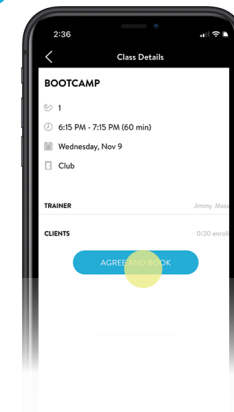


SCAN ME

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.