

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.



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 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 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.**



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

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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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	XTS Metabolic Training \$		XTS Metabolic Training \$		XTS Metabolic Training \$	
5:30 AM	LES MILLS BODYPUMP >> EXPRESS	LES MILLS RPM	LES MILLS BODYPUMP >> EXPRESS	LES MILLS RPM	LES MILLS BODYPUMP >> EXPRESS	
8:00 AM		AQUACISE			AQUACISE	
8:15 AM	LES MILLS RPM	BARRE'ABOVE	LES MILLS RPM	BARRE'ABOVE	LES MILLS RPM	LES MILLS RPM
	XTS Metabolic Training \$	LES MILLS BODYPUMP >> EXPRESS	XTS Metabolic Training \$		XTS Metabolic Training \$	
9:00 AM		WATER IN MOTION		WATER IN MOTION		
9:15 AM		LES MILLS CORE		LES MILLS CORE	LES MILLS CORE	LES MILLS BODYPUMP >> EXPRESS
					LES MILLS BODYPUMP >> EXPRESS	YOGA
9:30 AM	Senior Strength Yoga		Senior Strength Yoga			
10:30 AM	ROCK STEADY BOXING HEALTHWORKS \$	AQUA	ROCK STEADY BOXING HEALTHWORKS \$	AQUA	ROCK STEADY BOXING HEALTHWORKS \$	ZUMBA
11:00 AM			MAT PILATES \$		MAT PILATES \$	
12:10 PM	LES MILLS BODYPUMP >> EXPRESS	YOGA	LES MILLS BODYPUMP >> EXPRESS	YOGA	BARRE'ABOVE	
4:30 PM	GROOVE		ZUMBA			
	MAT PILATES \$					
5:30 PM	YOGA	LES MILLS BODYPUMP >> EXPRESS	YOGA	LES MILLS BODYPUMP >> EXPRESS		
	LES MILLS RPM					
6:00 PM	BOOT_CAMP		BOOT_CAMP			
	AQUA					
6:30 PM	SOD BAHK DO \$			SOD BAHK DO \$		
7:30 PM	SOD BAHK DO \$			SOD BAHK DO \$		

USE OUR APP TO RESERVE A SPOT IN ANY CLASS!

\$ FEE BASED CLASS

HOW TO BOOK A CLASS

1

Download our app!



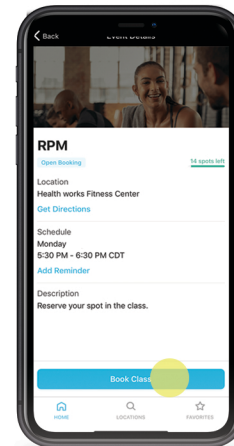
2

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.