

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.

SHOU BAHK DOO
SHOU BAHK DOO

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

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.**

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! Join us on Tuesdays and Thursdays at 8AM.

water
motion

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. "Catch the wave" on Tuesdays and Thursdays at 9AM.

Small group training inspired by paddle boarding mixed with different fitness techniques 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 on Mondays and Wednesdays at 9:15 AM and the 1st Saturday of each month at 10AM.

Aqua Stand Up Kids- Play, Play, Play! Fun training specifically for kids ages 3-7 and ages 9 and Up! Learn how to stay on the paddle board, how to jump into the water safely, move on the board in rhythm with music and fun movements (30 min 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	XTS Metabolic Training	LES MILLS CORE	XTS Metabolic Training	LES MILLS CORE	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	LES MILLS BODYPUMP >>> EXPRESS	LES MILLS RPM	LES MILLS BODYPUMP >>> EXPRESS	LES MILLS RPM	LES MILLS RPM
9:00 AM		water motion		water motion		
9:15 AM	LES MILLS CORE	MAT PILATES	LES MILLS CORE	MAT PILATES	LES MILLS CORE	LES MILLS BODYPUMP >>> EXPRESS
						YOGA
9:30 AM	Senior Strength Yoga		Senior Strength Yoga			
10:00 AM					MAT PILATES	
10:30 AM	ROCK STRAIGHT FIGHTING HEALTHWORKS		ROCK STRAIGHT FIGHTING HEALTHWORKS		ROCK STRAIGHT FIGHTING HEALTHWORKS	ZUMBA
12:10 PM	LES MILLS BODYPUMP >>> EXPRESS	YOGA	LES MILLS BODYPUMP >>> EXPRESS	YOGA	BARRE	
12:15 PM		LES MILLS CORE		LES MILLS CORE		
4:30 PM	ZUMBA		GROOVE	LES MILLS RPM		
5:30 PM	LES MILLS RPM	LES MILLS BODYPUMP >>> EXPRESS		LES MILLS BODYPUMP >>> EXPRESS		
6:00 PM	BOOT_CAMP		BOOT_CAMP			
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!

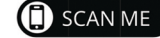
FEE BASED CLASS

CLASS LOCATION: **SOFT STUDIO 1ST FLOOR,** **STUDIO ONE 3RD FLOOR,** **TRAINING STUDIO 3RD FLOOR,** **CYCLE STUDIO 3RD FLOOR,** **FUNCTIONAL TRAINING AREA 2ND FLOOR,** **WARM WATER POOL,** **CLAP POOL,** **OUTSIDE GRASSY HILL**

HOW TO BOOK A CLASS

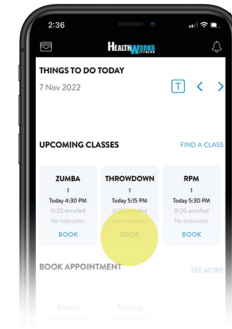
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Download our app!



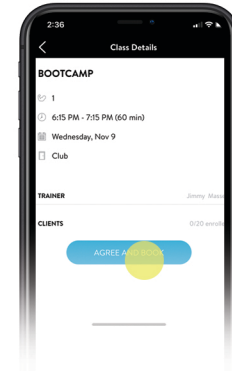
2

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.