

St. Mary's Wellness Center



Group Fitness November & December 2018



	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
8:00AM	Cardio Remix 30 Min Vivian					Step 30 Min Vivian	9AM Bootcamp Christine
8:30AM	Lower Body Sculpt 30 Min Vivian	LIIT 30 Min Vivian	Cardio Remix 30 Min Kim	Gentle Stretch 30 Min Kim	PiYO 30 Min Vivian		Sunday
9:00AM	Stretch & Strengthen Carolyn	Functional Training 30 Min Vivian	Body Sculpt 30 Min Kim	Cardio Remix 30 Min Kim		4:30 PM	Yoga Heather
9:30AM		Basic Step & Sculpt Maddy	FIRE Kim	Basic Step & Sculpt Maddy			
10:00AM	Basic Step & Sculpt Maddy		10:30AM Gentle Chair Stretch Kim		Forever Fit Kim		
11:00AM	Gentle Yoga Myrna						
4:30PM	Body Sculpt Carolyn	Pilates Carolyn	Cardio Remix Carolyn	Yoga Heather			
5:30PM	HIIT Kim	Cardio Sculpt Corinne	Body Sculpt Corinne	Cardio Sculpt Corinne			
6:30PM	FIRE Kim	Yoga Myrna	HIIT 30 Min Corinne	Yoga Myrna			

- Flexibility
- Cardio and Strength
- Cardio
- Strength
- Special Populations

All classes are 55 minutes unless otherwise noted

No classes:

Nov. 21 @ 4:30pm and after,
ALL DAY Nov. 22, 23
ALL DAY Dec. 24, 25, 26

Reminder: This is just our holiday schedule. More classes will likely come back in January 2019

Class Descriptions

<p>Balance & Stretch Practice stretches that will increase your flexibility and balance.</p>	<p>HIIT High Intensity Interval Training - A heart pumping, sweat-filled class of intense cardio and/or sculpt intervals. Low</p>
<p>Functional Training Designed to improve every day activities by focusing on Pilates fused core strength, balance, flexibility, coordination, stability and mobility.</p>	<p>LIIT low impact, high intensity cardio/strength training with timed intervals of work and rest. Intervals could be 40/30/20 seconds or 20/10 secs. Get ready to work hard without any impact.</p>
<p>Pilates Mat based class that focuses on the core to build strength, endurance and flexibility.</p>	<p>Step/Basic Step Simple and fun step routines that will get your heart pumping</p>
<p>Stretch and Strengthen Increase your range of motion, strength and balance in this class focusing on stretching and either sculpting or balancing work.</p>	<p>Cardio Dance A dynamic dance class that is exciting and based on the principle that a workout should be Fun and Easy to do!</p>
<p>Gentle Yoga/Yoga Postures combined with breathing techniques to help build strength, flexibility, and mindfulness.</p>	<p>Cardio Sculpt High energy cardio class combining athletic aerobic movements with strength building exercises using weights, bands and/or a ball.</p>
<p>PIYO Fluid fusion of Pilates and Yoga to improve flexibility and strength, as well as relaxation.</p>	<p>Step and Sculpt An energizing cardio step class that includes upper body sculpting.</p>
<p>Burn & Firm Bodyweight and light weight exercises that focus on the abdominal, back, and more.</p>	<p>Triple Fit Get the total package by combining three types of classes to get more from your workout!</p>
<p>FIRE Fire up your balance and flexibility, using the body bar, light weights, ball, step, and/or band. Levels shown for beginner, intermediate, and</p>	<p>Gentle Chair Stretch Seated stretching class. A great class for those just starting a new exercise routine or recovering from a recent injury.</p>
<p>Body Bar Focus on sculpting all of the major muscle groups using only the Body Bar.</p>	<p>Forever Fit A fun-filled, throwback-music chair class, with optional standing aerobic and balance work. Use light weights, Spri ball, and bands to sculpt and enjoy a seated stretch at</p>
<p>Body Sculpt Uses various equipment to sculpt major muscle groups.</p>	<p>Cardio Remix Athletic movement based class using hi and low impact remixing a variety of techniques.</p>