




St. Mary's Wellness Center



Group Fitness March & April 2019



	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
6:00AM	Body Sculpt <i>Christine</i>	Circuit Training <i>Christine</i>	Yoga <i>Heather</i>			9:30 AM	Circuit Training <i>Christine</i>
8:00AM	Circuit Training <i>Vivian</i>		Circuit Training <i>Christine</i>		Step <i>Vivian</i>	10:30 AM	Core (30 MIN) <i>Christine</i>
8:30AM		Pilates <i>Vivian</i>		Yoga <i>Heather</i>			
9:00AM	Stretch & Strengthen <i>Carolyn</i>		FIRE <i>Kim</i>		Yoga <i>Heather</i>	4:30 PM	Yoga <i>Heather</i>
9:30AM		Step & Sculpt <i>Maddy</i>		Step & Sculpt <i>Maddy</i>			
10:00AM	Step & Sculpt <i>Maddy</i>		Gentle Chair Stretch <i>Kim</i>		Forever Fit <i>Kim</i>		
10:30AM		Cardio & Stretch <i>Kim</i>		Cardio & Stretch <i>Kim</i>			
11:00AM	Gentle Yoga <i>Myrna</i>						
4:30PM	Cardio Sculpt <i>Carolyn</i>	Stretch & Strengthen <i>Carolyn</i>	Circuit Training <i>Carolyn</i>	Body Sculpt <i>Christine</i>			
5:30PM	HIIT <i>Kim</i>	Cardio Sculpt <i>Corinne</i>	Body Sculpt <i>Corinne</i>	Cardio Sculpt <i>Corinne</i>			
6:30PM	FIRE <i>Kim</i>	Yoga <i>Myrna</i>	HIIT 30 Min <i>Corinne</i>	Yoga <i>Myrna</i>			

-  Flexibility
-  Mixture
-  Cardio
-  Strength
-  Special Populations

All classes are 55 minutes unless otherwise noted

**No classes:
ALL DAY April 19-21, 2019**

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Class Descriptions

<p style="text-align: center;">Circuit Training</p> <p>A cardio/strength based class incorporating stations with timed intervals of strength or cardio work. Higher intensity moves are used.</p>	<p style="text-align: center;">HIIT</p> <p>High Intensity Interval Training - A heart pumping, sweat-filled class of intense cardio and/or sculpt intervals. Low impact levels shown.</p>
<p style="text-align: center;">Pilates</p> <p>Mat based class that focuses on the core to build strength, endurance and flexibility.</p>	<p style="text-align: center;">Step</p> <p>Simple and fun step routines that will get your heart pumping</p>
<p style="text-align: center;">Stretch and Strengthen</p> <p>Increase your range of motion, strength and balance in this class focusing on stretching and either sculpting or balancing work.</p>	<p style="text-align: center;">Cardio Sculpt</p> <p>High energy cardio class combining athletic aerobic movements with strength building exercises using weights, bands and/or a ball.</p>
<p style="text-align: center;">Gentle Yoga/Yoga</p> <p>Postures combined with breathing techniques to help build strength, flexibility, and mindfulness.</p>	<p style="text-align: center;">Step and Sculpt</p> <p>An energizing cardio step class that includes upper body sculpting.</p>
<p style="text-align: center;">PIYO</p> <p>Fluid fusion of Pilates and Yoga to improve flexibility and strength, as well as relaxation.</p>	<p style="text-align: center;">Gentle Chair Stretch</p> <p>Seated stretching class. A great class for those just starting a new exercise routine or recovering from a recent injury.</p>
<p style="text-align: center;">FIRE</p> <p>Fire up your balance and flexibility, using the body bar, light weights, ball, step, and/or band. Levels shown for beginner, intermediate, and advanced.</p>	<p style="text-align: center;">Forever Fit</p> <p>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 the end.</p>
<p style="text-align: center;">Body Sculpt</p> <p>Uses various equipment to sculpt major muscle groups.</p>	
<p style="text-align: center;">Cardio & Stretch</p> <p>Similar to stretch & strengthen, but with a cardio section that can be adjusted for low impact.</p>	