

# St. Mary's Wellness Center



## Group Fitness September 2019



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
8:00AM	Circuit Training <i>Vivian</i>				Step <i>Vivian</i>	<b>No Saturday Classes</b>  <b>GO DAWGS!</b>				
8:30AM			Stretch & Strength <i>Carolyn</i>							
9:30AM	Step <i>Maddy</i>	Sculpt <i>Maddy</i>	FIRE <i>Kim</i>	Step <i>Maddy</i>						
10:30AM	Gentle Yoga <i>Myrna</i>	Cardio & Stretch <i>Kim</i>	Gentle Chair Stretch <i>Kim</i>		Forever Fit <i>Kim</i>	<table border="1"> <thead> <tr> <th></th> <th>Sunday</th> </tr> </thead> <tbody> <tr> <td>4:30 PM</td> <td>Yoga <i>Heather</i></td> </tr> </tbody> </table>		Sunday	4:30 PM	Yoga <i>Heather</i>
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4:30 PM	Yoga <i>Heather</i>									
4:30PM	Cardio Sculpt <i>Carolyn</i>		Circuit Training <i>Carolyn</i>							
5:30PM	HIIT <i>Kim</i>	Circuit Training <i>Vivian</i>	Step <i>Maddy</i>	Cardio Sculpt <i>Kim</i>						
6:30PM		Yoga <i>Myrna</i>		Yoga <i>Myrna</i>						

- FLEXIBILITY
- MIXTURE
- CARDIO
- STRENGTH
- SPECIAL POPULATIONS

*Classes are subject to change*

*\*All classes are 55 minutes unless otherwise noted\**

# Class Descriptions

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