

AQUATIC FITNESS CLASSES

WINTER 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00A 8:45A	AQUA Fusion Bri W.	aqua Care Fran		aqua Care Bri W.	AQUA Fusion Bre K.
8:50A 9:35A	FLUID Moves Bri W.		8:45am - 9:30am Water In MOTION Nena		FLUID Moves Bre K.
9:40A 10:25A	aqua Care Amy P.				aqua Care Bre K.
10:30A 11:15A	FLUID Moves Amy P.				FLUID Moves Bri W.
11:20A 12:05P	aqua Care Bre K.				aqua Care Bri W.
4:15P 5:00P		AQUA Fusion Nena		AQUA Fusion Fran	Aquatic Fitness Class Registration Required Free to Members <i>Silver Sneakers & Prime:</i> \$20.00 per class/per month (class meets 2x/wk) <i>Non-Member:</i> \$30.00 per class/per month (class meets 2x/wk) **Space is limited — See front desk to register
5:05P 5:50P		AQUA Jocku Fran		AQUA Jocku Fran	
5:55P 6:40P		AQUA Fusion Nena		AQUA Fusion Amy P.	
6:45P 7:30P		HYDROBLAST Nena		HYDROBLAST Amy P.	

Beginner	Intermediate	Advanced
<p>This low impact water workout is a great class for those with Arthritis or Fibromyalgia. Improve your strength, flexibility and posture.</p>	<p>Experience a water workout to stimulate your mind as well as your body. A variety of exercises to improve your cardiovascular, muscular strength, endurance and flexibility.</p>	<p>A high intensity circuit class to challenge the cardiovascular system. Be ready for different work to rest ratios and training styles with a great variety to push you past your workout plateaus. Get that high calorie burn in a fun and challenging environment!</p>
<p>Splash your way to a healthier body as you enjoy the entire pool in this deep/shallow combo class.</p>	<p>An interesting and varied workout using music to elevate mood and encourage rhythmical movement. This format uses simple choreography with more complex sections of resistance training to focus the mind.</p>	<p>Right out of the coach's handbook! This athletic class uses sports conditioning drills, boxing techniques, and much more to challenge the musculoskeletal system.</p>

Check out our website for a digital copy of all HealthPoint Brochures at www.woosterhospital.org/healthpoint

CARDIO		STRENGTH	
HIGH INTENSITY	Tabata Using a combination of all out effort and recovery times, this cardio based class is sure to get your heart pumping. Feel the burn in half the time with Tabata Express!	HIGH INTENSITY	Battle Burn Kettlebell and Battle Ropes are used to train and sculpt your whole body! Kick up that heart rate with this new battle of a workout.
	StepVibe Step up your aerobic training to the beat of the music in this 45 minute workout utilizing steppers. Expect routines designed to elevate your heart rate and keep you sweating while having fun!		KETTLE BELL Originating in Europe, Kettle Bell uses ballistic swinging movements training the whole body, increasing your strength, endurance, agility & balance.
	SPARK & IGNITE Power, Agility, Resistance and Kinetics - this class hits it all utilizing a variety of spaces. Ignite your Saturday morning fitness routine with this cardio crusher! Plan for everything because anything goes!		AWOW Aaron's Workout Of the Week consists of total body conditioning with a bootcamp flair. All brought to you with elite coaching and techniques. All fitness levels are welcome!
	ZUMBA fitness Feel EMPOWERED with a one-of-a kind fitness program based on Latin rhythms and easy-to-follow moves using interval training.		Boot Camp Express These 1/2 an hour classes are designed for individuals who want to get a quick workout in! All classes bring a challenging and invigorating workout for all levels!
	JAM JAM will fuel your cardiovascular needs as you dance to the beat. Increase your stamina and have fun while you're doing it! (similar to Zumba).		Core Express
MODERATE INTENSITY	Cardio Fusion A combination of cardio moves using a variety of equipment, including steps, to increase aerobic endurance.	MODERATE INTENSITY	LOADED Express
	ZUMBA gold Dance to easy-to-follow choreography that focuses on balance, range of motion and coordination. It's Zumba that we know and love including modifications. Come ready to sweat and leave feeling empowered and strong!		
MIND / BODY		SENIOR	
MORE INTENSE	BARRE A fun and energetic workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body.	MORE INTENSE	Senior Strength Have fun and move to the music through a variety of exercises in this class that will help improve cardiovascular function, muscle endurance, strength, balance and flexibility.
	Regeneration Designed to facilitate recovery from physical activity or work stressors. This class includes foam rolling, light stretching and soft tissue management to help you reduce aches and pains.		BALANCE & POISE Strength is balance! This new low impact class focuses on the component which links both posture and balance, your core.
	YOGA Yoga (Hatha) is a slow-paced classic yoga style that increases a healthy body awareness while improving fitness abilities. Yoga (Vinyasa) aligns a deliberate sequence of poses with the breath to achieve a continuous flow. Learn to control your breathing, achieve muscle strengthening while reducing stress in these yoga formats.		SilverSneakers FITNESS Increase your energy and overall well being in this class which is designed to improve your daily activity and living skills. A chair is used for seated and/or standing support with a variety of equipment.
	Beginners YOGA Beginners Yoga will introduce individuals to the basic principles of yoga as they focus on breathing, balance and decreasing muscle tension on or off a chair.		ZUMBA gold In a Chair Dance to easy-to-follow choreography that focuses on balance, range of motion and coordination to the beat of music all from a chair. It's Zumba Gold in a chair!
LESS INTENSE	Tai Chi Focus on breathing and balance while promoting tranquility, longevity and good health.	LESS INTENSE	

STUDIO 1

WINTER 2019 LAND FITNESS CLASSES (EFFECTIVE 1/1/2019)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00A 8:45A	 Brooke	 Amy P.		 Nena	 Brooke	7:30am - 8:15am Rotational
9:00A 9:45A	 Nena	 Fran	 Amy M.	 Fran	 Bri	8:30am-9:15am Rotational
10:00A 10:45A	 Nena	 Fran	Hatha Nena	 Fran	 Janel	9:30am-10:15am Rotational
11:00A 11:45A	Hatha Nena	 In a Chair Janel	 Nena	 Nena	 Susie	10:30am-11:15am Ashleigh/Janel
12:00P 12:45P	 Nena	12:00pm-12:30pm Sherry	 Nena	12:00pm-12:30pm Bre K.		
		12:30pm-1:00pm Sherry		12:30pm-1:00pm Bre K.		
4:15P 5:00P	 Bre K.		 Bre K.	 Amy P.	 Amy P.	
5:15P 6:00P	 Amy P.	 Amy P.	 Joy	 Janel		
6:15P 7:00P	 Aaron	 Ashleigh	Vinyasa Joy			

Remember, class passes are distributed 30 minutes before each class begins. Some classes fill up fast, so stop by the front desk to grab your pass ahead of time!

STUDIO 2

WINTER 2019 CYCLING/HYBRID CLASSES ALL CLASSES INCLUDE A WARM UP & COOL DOWN.

	Monday	Tuesday	Wednesday	Thursday	Friday
6:45A 7:45A				 Judy	
9:00A 10:00A	9:00am - 9:45am Amy M.	 Amy P.		 Nena	
4:15P 5:00P	 Amy P.	4:00pm-5:00pm Amy P.	<p>Check out our website for a digital copy of all HealthPoint Brochures at www.woosterhospital.org</p>		
5:15P 6:15P					
6:15P 7:00P			 Ashleigh		

Beginner	Intermediate	Hybrid Classes	
<p>Our cycling class is a great cardiovascular challenge for those looking to burn calories while improving strength and endurance. By incorporating a variety of climbs, flats and races our instructors will lead you down a new road each time.</p>	<p>This class keeps you moving by the beat of the music and intense ride. Instructor lead challenges will push you to the next level in your fitness journey.</p>	<p>This class is designed specifically to complement the needs of an indoor or outdoor cyclist with a ride lasting 30-40 minutes followed by a period of yoga practice designed to work muscles not addressed in the ride, thus preventing overuse injuries, creating balance and increasing flexibility.</p>	<p>CycleTRX is a combined cycle and TRX band class! Get your high intensity cardiovascular and strength training workout completed in just one hour! Be prepared to work and sweat! Water bottles are a must!</p>

All Land Fitness classes are FREE to members
Purchase an unlimited Day Pass for \$9.00 or one of our 10/20 punch passes. Call us for more details!