

October 2017

Group Exercise Schedule

WELLNESS WORKS

The health and fitness center of
SELF REGIONAL
 HEALTHCARE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	TRX Mix	Cycle	TRX Mix	Cycle	Core & Flow	
8:00		Pilates Basics		Pilates Basics		
8:30	Silver Intro		Silver Intro		Silver Intro	
8:45	Water		Water		Water	
9:00	WERQ	Interval Reformer/Mat	WERQ	Interval Reformer/Mat	WERQ	Pilates
9:30	BTRX*		BTRX*		BTRX*	
10:00	Total Body		Total Body		Total Body	
10:30		Gentle Yoga Yoga		Yoga Barre Basics		Barre (10:15)
11:00					Tai Chi	
12:30		TRX Express*		TRX Express*		
4:00	Yoga Basics		Yoga Basics			
4:30	Interval	Bootcamp Exp Reformer/Mat	Interval	Bootcamp Exp Reformer/Mat	TRX*	
5:00	WERQ	Core Express	WERQ	Core Express		
5:30	TRX* Cycle	Sculpt Barre	TRX* Cycle	Sculpt Barre		
6:00	Pilates		Pilates			
6:30		Yoga		Yoga		

Location Key: Cross Training Mind & Body Cycle Studio Wesley Commons

*Registration Required—Check in at Member Services

Class Descriptions

Cross Training

Bootcamp Express (All): Use a variety of movements, including battle ropes, BOSU, kettlebells, TRX, and more, to enhance endurance, power, and strength. (30 min)

Interval (L2&3): Aerobic and resistance training alternated in intense bursts, followed by recovery periods, and core activity (50 min)

Silver Intro (L1): Entry level class split into cardio, resistance, and flexibility (50 min)

Total Body (All): Combination class that split into cardio, resistance training, and core (60-90 min)

Conditioning

Cycle (All): Power cycling with intervals, climbing, and sprints (50 min)

WERQ (All): Fun dance fitness class based on pop, rock, and hip hop music (50 min)

Mind, Body, and Core

Core & Flow (All): Comprehensive core work mixed with functional stretching (45 min)

Core Express (All): A fast paced, comprehensive core workout (15 min)

Barre (All): Combining the core conditioning of Pilates with the flexibility of Yoga, increasing stability through the use of isometric exercises (60 min)

See also: Barre Basics (L1)

Yoga (All): Revitalize the mind and body with strength and flexibility postures. Build strength and increase flexibility (60-75 min)

See also: Yoga Basics (L1)

Gentle Yoga (L1): Simple yoga postures with a more gentle flow for the body (60 min)

Pilates (All): Strengthen core, improve posture, and increase flexibility for a stronger, leaner body (60-75 min)

See also: Pilates Basics (L1)

Reformer/Mat (All): Pilates based core exercises utilizing Reformers combined with mat work (75 min)

Tai Chi (All): Meditation through motion; a series of movements focused on alignment accompanied by controlled breathing (50 min)

Resistance Training

Sculpt (All): Resistance workout that hits all the major muscle groups (50 min)

TRX

TRX (All): Suspension training focusing on strength, balance, and core stability (50 min)

See also: BTRX (L1)

TRX Express (L2&3): A fast paced suspension training class focusing on strength, balance, and core stability with bursts of intervals (30 min)

Water Fitness

Wesley Commons Wellness Complex

Water (All): Water resisted cardio exercises (60 min)

Skill Level Guide

L1: Appropriate for beginning exercisers or those learning new exercise skills.

L2: Appropriate for intermediate and advanced participants who have a basic knowledge of fitness skills and terminology. Modifications, variations, and a limited amount of teaching of the patterns and combinations are provided.

L3: Classes that are designed to physically challenge the regular exerciser.

All: Beginner to advanced participants welcomed. Intensity is determined by the participant with guidance from the instructor.

Hours of Operation:

Mon-Thurs 5:00am-9:00pm

Friday 5:00am-7:00pm

Saturday 8:00am-12:00pm

Sunday 1:00pm-5:00pm