

<b>Hours</b>
Mon-Fri 5am-9pm
Sat 7am-7pm
Sun 11am-7pm

# Fitness Class Schedule



Effective 12-2-14 - Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Intense Spin</b> 5:45am-6:45am Tony	<b>Hardcore Interval</b> 6:15am-7:15am Chris	<b>Intense Spin</b> 5:45am-6:45am Tony		
<b>Morning Aqua Fit</b> 8:00am-9:00am Hannah	<b>Pilates</b> 8:30am-9:30am Shirley	<b>Morning Aqua Fit</b> 8:00am-9:00am Hannah	<b>Pilates</b> 8:30am-9:30am Shirley	<b>Morning Aqua Fit</b> 8:00am-9:00am Hannah
	<b>Arthritis H2O</b> 8:30am-9:30am Hannah	<b>Gentle Yoga</b> 8:45am-9:30am Shirley	<b>Arthritis H2O</b> 8:30am-9:30am Hannah	
<b>Fit Over 50</b> 9:45am-10:45am Hannah	<b>Low Impact Cardio</b> 9:45am-10:30am Shirley	<b>Fit Over 50</b> 9:45am-10:45am Shirley	<b>Low Impact Cardio</b> 9:45am-10:30am Shirley	<b>Fit Over 50</b> 9:45am-10:45am Hannah
	<b>SilverSneakers®</b> 10:45am-11:30am Shirley		<b>SilverSneakers®</b> 10:45am-11:30am Shirley	
<b>Cycle Express</b> 4:45pm-5:30pm Samantha	<b>Yoga/Tone</b> 4:45pm-5:30pm Hannah	<b>Cycle Revolution</b> 4:45pm-5:30pm Hannah	<b>Abs/Assets</b> 4:45pm-5:15pm Samantha	
<b>Cardio Core</b> 5:45pm-6:45pm Chris	<b>Spin into the Oldies</b> 6:00pm-6:45pm Brad	<b>Cardio Core</b> 5:45pm-6:45pm Chris	<b>Spin into the Oldies</b> 6:00pm-6:45pm Brad	

## IMPORTANT DATES and CLASS CHANGES

Class Name	Start Date	Class Name	Start Date
Spin into the Oldies	December 2nd	Gentle Yoga	December 10th
Fit Over 50	December 8th	SilverSneakers	December 10th
Cycle Express	December 8th	Cycle Revolution	December 10th
Yoga/Tone	December 9th	Abs/Assets	December 11th

### Spin Class Sign Up Policy

- > Sign up for Spin Class is allowable **24 hours prior** to the class.
- > When calling the Hallett Center of Crosby to reserve your spin bike, you must speak to a staff member
  - \*\*Please no voice mails, emails, or text messaged to sign up**
- > You can only sign yourself up for the class
  - \*\*Please do not sign up another individual**
- > Please do not call a staff person prior to the 24 hours to have them sign you up
- > If you are a no show twice, you will be put on the wait list for two weeks
- > Class Fee is \$5 for members and \$10 for non members

# Class Descriptions

**Abs/Assets** - Come and enjoy 30 minutes of focusing on your abs and glutes!

**Arthritis H2O** – This class allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water, with guidance from a trained instructor, will help you gain strength and flexibility.

**Cardio core** - Come ready to sweat in this cardio/ strength class. You will get your heart rate up and receive a total body strength workout every time. We will incorporate circuit training, step aerobics, HIIT, gymball, spinning, weights and bands to improve your fitness and increase your metabolism. Class can be modified to most levels.

**Cycle Express** - Start your Fridays, and almost weekend, by coming ready to ride for 45 minutes of cycling intervals!

**Fit Over 50** - Focusing on muscular strength, range of movement, activity for daily living skills, and a low impact of cardio. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance.

**Gentle Yoga** - This new class is a milder form of Yoga that adapts to your needs and abilities. The class uses a chair for support and a variety of props that will increase your flexibility and build your endurance.

**Hardcore Interval** -This class is designed to bring your fitness to the next level and/or enhance your athletic training. The class will incorporate fundamentals of pilates, yoga, HIIT ( high intensity interval training), plyometrics, agility drills and calisthenics. We will use available equipment to enhance the workout. We promise you will not be bored in this boot camp style class and you will receive a total body workout.

**Intense Spin** - Come to this class ready to burn a lot of calories! This intense class will get your heart racing as we pedal along to lively music. We will turn the lights down and sweat it out!

**Morning Aqua Fit-** Do you want an aerobic workout with the added benefit of water resistance? How about a class without all the impact on your joints? Then this class is just what you are looking for! Our class will take you through a wide range of exercise levels. Go as hard or as light as you want to! This is a great class for the very fit or a beginner!

**Low Impact Cardio-** This low impact aerobic class involves rhythmic, continuous movements that will provide a great cardiovascular workout at a lower intensity level. A variety of equipment is used to increase upper-body strength and is alternated with non-impact aerobics.

**Pilates** - A unique form of exercise that conditions, tones, and strengthens your postural and structure muscles by using your own body weight, gravity, specific positions, resistance and some exercise equipment. Pilates has been proven to condition your muscles by getting the structural layers of muscles, which some weight machines cannot get. See for yourself what Pilates can do for you.

**SilverSneakers®** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**Spin into the Oldies** - Consisting of fast spinning and hill climbing for a total of 45 minutes. We will be cranking out music from the 70's, 80's & 90's.

**Yoga/Tone** - Try this new mixutre of yoga poses and weights. Focusing on balance, flexibility and toning the body.