

**Hours**  
 Mon-Fri 5am-9pm  
 Sat 7am-7pm  
 Sun 11am-7pm

# Fitness Class Schedule



Effective 1-12-15 - Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Intense Spin</b> 5:45am-6:45am Tony		<b>Intense Spin</b> 5:45am-6:45am Tony		
<b>Morning Aqua Fit</b> 8:00am-8:45am Hannah	<b>Pilates</b> 8:30am-9:30am Chris	<b>Morning Aqua Fit</b> 8:00am-8:45am Hannah	<b>Pilates</b> 8:30am-9:30am Samantha	<b>Morning Aqua Fit</b> 8:00am-8:45am Hannah
	<b>Arthritis H2O</b> 8:30am-9:30am Hannah	<b>Gentle Yoga</b> 8:45am-9:30am Hannah	<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 Hannah	<b>Fit Over 50</b> 9:45am-10:45am Hannah	<b>Low Impact Cardio</b> 9:45am-10:30am Hannah	<b>Fit Over 50</b> 9:45am-10:45am Hannah
	<b>SilverSneakers®</b> 2:00pm-2:45pm Hannah		<b>SilverSneakers®</b> 2:00pm-2:45pm Hannah	
			<b>Abs/Assets</b> 4:45pm-5:15pm Samantha	
<b>Cycle Express</b> 5:00pm-5:45pm Samantha		<b>Cycle Revolution</b> 5:00pm-5:45pm Hannah	<b>Biggest Loser Challenge Contestants Workout</b> 5:30pm-7:00pm In Weight Room/Meeting Room/Aerobic Room /Pool	
<b>Cardio Core</b> 6:00pm-7:00pm Chris	<b>Rockin' Spin</b> 6:00pm-6:45pm Brad	<b>Cardio Core</b> 6:00pm-7:00pm Chris	<b>Rockin' Spin</b> 6:00pm-6:45pm Brad	

## 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** - Come ready to ride for 45 minutes of cycling intervals, hills, and great overall workout!

**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.

**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!

**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.

**Rockin' Spin** - 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.

**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.