

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

Fitness Class Schedule



Effective 2-2-15 - Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
Intense Spin 5:45am-6:45am Tony		Intense Spin 5:45am-6:45am Tony		
Morning Aqua Fit 8:00am-8:45am Hannah	Pilates 8:30am-9:30am Samantha	Morning Aqua Fit 8:00am-8:45am Hannah	Pilates 8:30am-9:30am Samantha	Morning Aqua Fit 8:00am-8:45am Hannah
	Arthritis H20 8:30am-9:30am Hannah	Gentle Yoga 8:45am-9:30am Hannah	Arthritis H20 8:30am-9:30am Hannah	
	Mommy & Me Yoga 9:00am-9:45am Hannah			
Fit Over 50 9:45am-10:45am Hannah	Low Impact Cardio 9:45am-10:30am Hannah	Fit Over 50 9:45am-10:45am Hannah	Low Impact Cardio 9:45am-10:30am Hannah	Fit Over 50 9:45am-10:45am Hannah
	SilverSneakers® 2:00pm-2:45pm Hannah		SilverSneakers® 2:00pm-2:45pm Hannah	
Kettle Tone 5:00pm-5:45pm Samantha	Cardio Kickboxing 5:00pm-5:45pm Lisa	Cycle Revolution 5:00pm-5:45pm Samantha	HIIT 50/50 4:30pm-5:15pm Samantha	
STEP it UP cardio 6:15-7:00 Hannah	Rockin' Spin 6:00pm-6:45pm Brad		Biggest Loser Challenge Contestants Workout 5:30pm-7:00pm In Weight Room/Meeting Room/Aerobic Room /Pool	

Spin and Kettlebell Class Sign Up Policy

- > Sign up for class is allowable **24 hours prior** to the class.
- > When calling the Hallett Center of Crosby to reserve your spot, 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

IMPORTANT

- *****Mommy & Me Yoga** is only a 4 week class which goes from March 3 - March 24.
- *** **HIIT 50/50** does not start until March 12

Class Descriptions

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 Kickboxing - A combination of aerobics, boxing, and martial arts. This is a fun and effective total body workout that can improve strength, coordination, and balance. Cardio kickboxing can be intense as you make it; you will be pushed but are also welcome to work at your own pace.

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.

Kettle Tone- Kettlebells, bodyweight, and sweat!

HITT 50/50 - 50% Cardio 50% Sculpting 100% Fun, Excitement, Sweat

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!

Mommy & Me Yoga - Build relationships with other moms, bond with your child, take care of yourself and introduce your child to the importance of wellness.

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.

STEP it UP cardio - Come and experience 45 minutes of step! Great way to get your heartrate up and the sweat dripping.