

Healthplex Fitness Classes

Email: Gym@phs.org

Phone: 823-8399

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00 a.m. Indoor Cycling	8:00-9:00 a.m. Indoor Cycling	7:00-7:30 a.m. Core Conditioning	8:00-9:00 a.m. Indoor Cycling	6:00-7:00 a.m. Indoor Cycling	10:00-10:45 a.m. Chair Class
7:00-7:30 a.m. Core Conditioning	8:30-9:00 a.m. "Abi"dominals	8:00-9:30 a.m. Yoga	8:30-9:00 a.m. "Abi"dominals	7:00-7:30 a.m. Core Conditioning	
8:00-9:30 a.m. Yoga	9:00-9:30 a.m. Simple Step	8:30-9:30 a.m. Stretch-n-Tone	9:00-9:30 a.m. Simple Step	8:00-9:30 a.m. Yoga	
8:30-9:30 a.m. Stretch-n-Tone	9:00-10:00 a.m. Yoga	9:45-10:45 a.m. Low Impact Aerobics	9:00-10:00 a.m. Yoga	8:30-9:30 a.m. Stretch-n-Tone	
9:45-10:45 a.m. Low Impact Aerobics	9:45-10:45 a.m. Muscle Hour	10:00-10:45 a.m. Chair Class	9:45-10:45 a.m. Muscle Hour	9:45-10:45 a.m. Low Impact Aerobics	
10:00-10:45 a.m. Chair Class	10:00-10:45 a.m. Chair Class	10:15-11:15 a.m. Chair Yoga	10:00-10:45 a.m. Chair Class	10:00-10:45 a.m. Chair Class	
See Staff Parkinson's Cycling	11:00-11:30 a.m. Balance	5:00-5:30 p.m. Ab Express	11:00-11:30 a.m. Balance	11:00-12:00 p.m. Zumba	
12:30-1:00 p.m. Chair Class	12:00-12:30 p.m. Chair Class	6:00-7:00 p.m. Indoor Cycling	12:00pm to 1:00pm NIA	12:00-12:30 p.m. Chair Class	
5:00-5:30 p.m. Ab Express	1:30-2:30 p.m. T'ai Chi Chih	6:00-7:00 p.m. Zumba	12:00-12:30 p.m. Chair Class	5:00-5:30 p.m. Ab Express	
6:00-7:00 p.m. Power Hour	See Staff Parkinson's Chair Class		1:00-2:00 p.m. Chair Yoga		
	5:30-6:30 p.m. Indoor Cycling		1:30pm to 2:30pm T'ai Chi Chih		
	6:00-7:00 p.m. Basketball		See Staff Parkinson's Chair Class		
	6:30-7:45 p.m. Yoga		5:30-6:30 p.m. Indoor Cycling		
			6:30-7:45 p.m. Yoga		

***Upcoming Class Changes effective 5/6/13: Mon. Chair Class moving to 12:00pm. M/W/F Ab Express moving to 5:30pm**

***A new 6am Power Hour Class every Thursday starting 5/2 ending 5/30**

Revised 04/3/2013

Class descriptions

Ab Express: A short 30-minute workout emphasizing abdominal and low back muscles.

"Abi"dominals: 30 minutes of trunk exercises to strengthen, stabilize, and balance the core.

Balance Class: A 30-minute balancing act! Exercises are designed to improve coordination, body awareness and core strength. Please sign up within 24 hours of class at the front desk (15 person limit).

Chair Class: Using chair assisted exercises, this class works on improving strength, flexibility, and balance.

Chair Yoga: Breath and body awareness. Stretching, relaxation, and breathing exercises done while seated in a chair.

Core Conditioning: A 30 minute class targeting core abdominal and lower back muscles with an emphasis on proper exercise mechanics, flexibility, and balance.

Indoor Cycling: As close to road cycling as you can get! Cycling at varying cadences and intensities designed to develop cardiovascular endurance, leg strength, and speed.

Low Impact Aerobics: A fun-filled class designed to elevate your heart rate and improve cardiovascular fitness, flexibility, and strength; includes warm-up, work-out, and cool-down with stretching.

Muscle Hour: 1 hour training class designed to specifically increase muscular strength and endurance.

NIA: Experience the delight of dance, the gratification of a workout and the serenity of meditation with this holistic dance fitness program.

Parkinson's Chair/Cycling Class: Designed specifically for individuals with Parkinson's, this class includes flexibility, strength, balance, and coordination exercises. *Requires an evaluation by an instructor before attendance is approved.

Power Hour: Medium to high circuit training/a full body workout

Simple Step: 30 minutes of aerobic exercise utilizing a step to increase heart rate and improve lower body strength, agility, and balance. Use of step is optional.

Stretch-n-Tone: 1-hour class working on strength, flexibility, and balance using weights, bands, and/or stability balls to help improve your overall fitness.

T'ai Chi Chih: These 9-lesson classes will teach you the 19 movements of the Cosmic Consciousness Pose.

Yoga: Through a series of yoga poses, this class helps you build strength, increase flexibility, and improve posture, while soothing the body and mind. Yoga also focuses on breathing awareness exercises and deep relaxation.

Zumba: The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: Work out and have fun, to love working out and enjoy your workout. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!