

GROUP FITNESS CLASS SCHEDULE

EFFECTIVE February, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-6:45am Cycling Unlimited (Mike)	6:00am-7:00am BODYPUMP (Linda)	6:00am-6:45am Cycling Unlimited (Mike)		6:00am-6:45am Cycling Unlimited (Linda)	8:00am-9:00am Cycling Unlimited (Linda)	8:15am-9:00am Cycling Unlimited (Rick)
8:30am-9:30am BODYPUMP (Emily)	8:30am-9:00am "Tabata Legs" (Teri)	8:00am-9:00am Power Flow Yoga (Julie)	8:30am-9:00am Mat Pilates HU (Teri)		8:00am-9:00am Power Sculpt (Kathryn)	8:30am-9:30am BODYPUMP (Linda Z.)
8:30am-9:15am "Fit Over 50" (Kari) circuit rm	9:00am-9:30am Awesome Abs (Teri)	9:30am-10:15am Cycling Unlimited (Kari)	8:30am-9:15am "Fit Over 50" (Kari) circuit rm	8:30am-9:00am HIIT (Teri)	9:00am-10:00am Cycling Unlimited (Justin)	9:15am-10:15am Cycling Unlimited (Justin)
9:30am -10:30am Cycling Unlimited (Kristina)	9:30am-10:30am VidSpin (Kevin)	9:30am-10:30am BODYPUMP (Aimee)	9:00am-9:30am Awesome Arms (Teri)	9:00am-9:30am Awesome Abs (Tricia)	9:00am-10:00am Zumba (Jeremy/Laura)	9:30am - 10:30am Zumba (Katie)
9:30am-10:30am Zumba (Chrissie)	9:30am-10:30am Step-n-Tone (Kari)	10:30am-11:30am 20/20/20 (Vicki)	9:30am-10:30am Zumba (Katie)	9:30am-10:30am Cardio Kickboxing (Tricia)	10:00am-10:45am Step Express (Justin)	10:30am-11:30am Yoga Jae/Sharon
10:30am-11:00am Pilates Abs (Aimee)	9:30am-10:30am Interval Fit (Tricia/Heather) LG Gym	11:30am-12:15pm Strong-n-Balanced (Vicki)	9:30am-10:15am Cycling Unlimited (Aimee)	9:30am-10:30am Cycling Unlimited (Maura/Kevin)	10:00-10:45am Cycling Unlimited (Mo)	
11:00am-11:30am Awesome Arms (Aimee)	10:30am-11:30am Zumba (Laura)		9:30am-10:30am Interval Fit (Kristina) LG Gym	10:30am-11:30am BODYPUMP (Kari)	10:45-11:15 Butts & Guts (Justin)	
11:30am- 12:15 Strong-n-Balanced (Aimee)	11:30am-12:30pm Yoga (Nicole)	12:15pm-1:00pm Sculpt Express (Kari)	10:30am-11:30am Mat Pilates HU (Aimee)	11:30am-12:15pm Strong-n-Balanced (Kelly)	KIDS' CLUB HOURS Morning Hours Monday-Friday* 8:30am-2:00pm Weekends 9:00am-1:00pm Evening Hours Monday-Thursday 4:15pm -8:30pm Friday 4:15pm-7:30pm *Reservations Can Be Made 1 Week in Advance	
12:30pm-1:15pm Zumba Gold (Michelle)	4:30pm-5:15pm Mat Pilates HU (Vicki)	4:45pm-5:30pm Butts & Guts (Kathryn)	12:15pm-1:15pm Zumba Gold (Lisa)			
4:30pm-5:30pm BODYPUMP (Teri)	5:30pm-6:30pm BODYPUMP (Jenni)	5:45pm-6:30pm Cycling Unlimited (Emily)	4:30pm-5:30pm 20/20/20 (Vicki)			
5:45pm- 6:30pm Cycling Unlimited (Maurcio)	5:30pm-6:30pm Cycling Unlimited (Teri)	5:30pm-6:30pm Zumba (Heather)	5:30pm - 6:30pm BODYPUMP (Jae)	4:30pm-5:30pm Boot Camp Fusion (Kristina)	The Yard Hours Monday - Friday 4:00pm-8:30pm* *Friday Parent Night! Weekends 9:00am-1:00pm The Yard is Open Monday - Friday 8:30am - 2:00pm for Summer Vacation	
5:30pm-6:30pm Zumba (Heather)	5:30pm - 6:00pm Kids' Circuit Class circuit room	6:30pm-7:30pm 20-20-20 (Teri)	5:30pm - 6:00pm Kids' Circuit Class circuit room	5:30pm-6:30pm Zumba (Katie)		
6:45pm-7:30pm Cycling Unlimited (Rick)	6:45pm-7:30pm Cardio Kickboxing (Tricia) Last Day 2/21	6:45pm-7:30pm VidSpin (Kevin)	6:30pm - 7:15pm Cycling Unlimited (Rick)	6:40-7:40pm BODYPUMP Jenni/Justin		
6:40pm-7:40pm BODYPUMP (Karen)	6:30pm-7:30pm "Bang Power" Amie/Jo 2/28		6:30pm-7:15pm Easy Sculpt (Kathryn)	Sign Up for Cycling Classes and BODYPUMP <i>Starting Anytime the Day Before the Class</i>		
7:45pm-8:45pm Yoga (Sharon/Jae)	7:30pm-8:15pm Zumba (Dee Dee)	7:30pm-8:30pm Stretch & Flow (Jae)	7:30pm-8:30pm Mindful Meditation (Beth) 6/weeks	Classes in BOLD print are NEW! Must be 12 years or older to take any Group Fitness Class.		
Check Pool Schedule for Aqua Classes				Shaded Classes take place in Circuit Room. Go Online For Our Current Schedules www.myhealthunlimited.com		
				301-829-9730 410-795-0793		

CLASS DESCRIPTIONS

CYCLING - (Bike shorts are suggested)

Cycling Unlimited - *All Fitness Levels* - High energy instructors will combine music and coaching to create an intense cardio workout all while burning calories.

VidSpin - *All Fitness* on a 140 inch monitor.

LAND - Modifications are shown for all levels .

20-20-20 - *All Fitness Levels* - 20 minutes leg strengthening followed by 20 minute arm workout and finishing with 20 minutes of core exercise.

Awesome Abs – *All Fitness Levels* - A 30-minute core training class to focus only on the abs and back area.

Awesome Arms – *All Fitness Levels* - A 30-minute class focusing on your most challenging area – biceps and triceps.

Bang Power Dance - is a high-intensity workout with an urban flare. BANG is a music-driven workout that takes intervals of high intensity urban dance moves that take your dance fitness workout to a whole new level. BANG....because it's more than just exercise.

BODYPUMP - *All Fitness Levels* - Is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl.

Boot Camp Fusion - of various cardio drills, speed and agility training and strength training. Fun for everyone

Butts & Guts – Challenge your ABS and Butts in a whole new way. This class focuses on training the Abs and for trunk & postural stabilization followed by great glute workout

Cardio Kickboxing – Cardio Boxing and core training combined.

Easy Sculpt- This class is designed for beginner to intermediate members. Free weights and mat work to tone and give you the body you've always wanted.

Exercise 101: This class is great for anyone who is looking to venture out from the Group Fitness Room and on to the fitness floor for the first time.

Fit over 50: A senior circuit fitness program that provides participants a group program designed to improve strength, flexibility and balance. Circuit Room

HIIT: Combines endurance, speed, and interval training through quick intense bursts of exercise followed by short and sometimes active recovery periods.

Interval Fit: Fun and exciting class using free weights and cardio training. Great for all levels.

Kids' Circuit Class – This class is exclusively for kids 10-15 years old and utilizes "The Circuit's" strength training equipment.

Power Sculpt – Whole body strength & conditioning class, combining weights bars, dumb bells & floor work to challenge the entire body. Great for all levels.

Sculpt Express - 45 min weight training class utilizing multiple muscle groups to get a great workout in a shorter time.

Step Express - a 45 minute version of our popular Step Challenge Class

Step-n-Tone - Step Challenge with added toning with weights.

Tabata - Interval training blocks. work for 20 seconds, rest for 10 seconds. Each exercise has 8 rounds of a different exercise.

Tabata Legs - Tabata format concentrating on leg exercises.

Zumba – A hi-lo impact dance class with Latin style. Salsa, Meringue and more while getting a great work out.

Zumba Gold - Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

MINDBODY CLASSES:

Mat Pilates HU - This class is a total Mind body workout, which focuses on precise concentrated movement using the mind to feel and focus on the body.

Pilates Abs - Sculpted to the Core. Basic mat moves to flatten and strengthen your back and abs.

Stretch & Flow: This class is designed to strengthen, tone and lengthen your muscles while also increasing flexibility and mobility. If you're looking for a way to reduce stress consider this class to end your day. Cool down will consist of relaxing with Tai Chi exercise, a gentle way to reduce stress.

Strong-n-Balanced - Ideal for those 50+, this class increases strength and flexibility and improves balance for an improved ability for everyday tasks-and-more!

Yoga - a traditional yoga class based on an ancient form of movement that promotes balance, flexibility, strength, and relaxation through various postures and

Power Flow Yoga- A Yoga practice blending Pilates based strength, breathing techniques and energetic Yoga. Great for all levels.

"Mindful Meditation: Meditation is a practice of concentrated focus upon a sound, object, visualization, the breath, movement, or attention itself in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth.