

November Group Fitness Schedule

Monday:

6:00 – 6:45am Cycling Unlimited w/Shelly
8:30 – 9:15am BodyPump w/Kari
9:00 – 9:45am Cycling Unlimited w/Kristina
9:45am – 10:30am Pumping H2O w/Amy M.
9:45 – 10:30am Bang Power Dance w/Amie
11:00 – 11:45am Pilates & Tone w/Nicole
12:00pm – 12:45pm Strong and Balanced w/Charlotte

5:00 – 5:45pm Zumba w/Katie

5:30 – 6:15pm Cycling Unlimited w/ Mauricio
6:15 – 7:00pm BodyPump w/Karen
6:40pm – 7:25pm Pumping H2O w/Amy B.

Tuesday:

7:00 – 7:45am Fit Camp w/Shelly
8:30 – 9:15am Power Sculpt w/Charlotte
8:45am – 9:30am Fit Over 50 w/Kari
9:00 – 9:45am Cycling Unlimited w/Kristina
9:45 – 10:30am Cardio Kickboxing w/Tricia
11:00 – 11:45am Yoga w/Sammy

4:00 – 4:45pm BodyPump w/Teri
5:00 – 5:45pm Core and Stretch w/Tricia
5:30 – 6:15pm Cycling Unlimited w/Teri
6:15 – 7:00pm Barre w/Dee Dee

Wednesday:

6:00 – 6:45am Cycling Unlimited w/Maureen
6:00 – 6:45am Core & Stretch w/Tricia
8:30 – 9:15am Speed Pump w/Michelle
8:30 – 9:15am Arthritis Plus w/Vicki
9:00 – 9:45am Cycling Unlimited w/Kari
9:45 – 10:30am Yoga w/Sammy
9:45 – 10:30am Pumping H2O w/Maura
5:00 – 5:45pm Butts & Guts w/Teri
5:30 – 6:15pm Cycling Unlimited w/Mauricio
6:15 – 7:00pm Yoga w/Tascha
6:40pm – 7:25pm Deep H2O w/Amy B.

Thursday:

7:00 – 7:45am Fit Camp w/Tricia
8:30 – 9:15am Mat Pilates w/Vicki
8:45am – 9:30am Fit Over 50 w/Kari
9:00 – 9:45am Cycling Unlimited w/Heather
9:45 – 10:30am Zumba w/Heidy
5:00 – 5:45pm Bang Power Dance w/Laura
6:15 – 7:00pm BodyPump w/Jae

Friday:

6:00 – 6:45am Cycling Unlimited w/Shelly
8:30 – 9:15am HIIT w/Tricia
8:30am- 9:15am Arthritis Plus v/Amy
9:00 – 9:45am Cycling Unlimited w/Kelly or Maura
9:45 – 10:30am Power Sculpt w/Kari
11:00 – 11:45am Mat Pilates w/Vicki
12:00pm – 12:45pm Strong and Balanced w/Vicki

5:00 – 5:45pm Zumba w/Katie

6:15 – 7:00pm BodyPump w/Maureen

Saturday:

8:00 – 8:45am Fit Camp w/Maureen (The Yard)
8:15 – 9:00am Cycling Unlimited w/Justin
8:30 – 9:15am Power Sculpt w/Charlotte
9:30 – 10:15am Cycling Unlimited w/Alicia
9:45 – 10:30am Pumping H2O w/Karen
9:45 – 10:30am Bang Power Dance w/Amie or Laura
10:45 – 11:30am HIIT w/Kim

Sunday:

8:30 – 9:15am BodyPump w/Maureen
9:00 – 9:45am Cycling Unlimited w/Justin
9:45 – 10:30am Yoga w/Dee Dee
10:15am – 11:00am Aqua Zumba w/Michelle
10:45 – 11:45am 20/20/20 w/Kathryn

Introducing Virtual Classes at Health Unlimited:

- **Highlighted classes** are being simulcast virtually via the MINDBODY website. You can sign up for the in-person class (1 day before) or the virtual class (1 week before).
- If you sign up for the virtual class, you will get an email 30 minutes before class starts with the link to the live feed of the class. You can watch the class on any device with an internet connection but we recommend using a computer or another device with a large screen.
- If you choose to take the class in person, the camera will be focused on the instructor but you may be in the shot. This stream is not open to the public and will not be recorded by Health Unlimited.

HOW TO REGISTER ONLINE: Check out the schedule online at www.myhealthunlimited.com and click “Member Sign Up” on the class you want to sign up for.

- Remember only classes that are available will have a Member Signup Button. Classes that are further than a day away will not be available.
- Either “Sign In” or “Create a Profile” and Check Out
- You can also register via mobile device – Download the MindBody App from iTunes or Google Play

COUPLE OF HELPFUL NOTES ABOUT OUR CLASSES:

- **You must wear a mask into and out of Health Unlimited. Masks should only be removed once class has started. Please continue to wear them when setting up or tearing down equipment.**
- We recommend registering online but registration can also be done in person and over the phone 301-829-9730.
- You can sign up for in person classes the day before and can only sign up for 1 class per day. Virtual classes can be signed up for 1 week in advance and are not included in the 1 class per day limit.
- The class is free to members but no shows for in person classes will be charged \$5. Participants have until 1 hour before the class to cancel their spot and avoid the \$5 charge.
- All classes will have a waiting list. Add your name to the waiting list to increase your chances of getting in the class. You will be emailed if a spot opens up and you can add yourself to the class.
- Limit 12 people per class (15 for outdoor classes) to maintain appropriate social distancing
- Equipment will be cleaned between each class. Please place used equipment on the supplied used equipment racks/bins.
- Please supply your own exercise mat (we will be selling a limited number of mats – \$30 including tax)
- Please stay home if you don't feel well or have been around someone who is ill

Class Descriptions

20/20/20 - 20 minutes leg strengthening followed by 20-minute arm workout and finishing with 20 minutes of core exercise. All fitness levels.

Aqua Zumba - Hi-Lo impact water dance class with Latin Style! High energy and great cardio workout.

Bang Power Dance - Is an urban inspired mixed fitness group exercise class done with or without the option of 1/2 lb. weighted gloves. Bang is a fusion of boxing, aerobics intervals, hip hop, world dance and body weighted training. Great for all levels.

Barre - mix of Pilates, yoga, and functional training. Mini balls and hand weights to sculpt, slim and stretch your entire body.

BODYPUMP - is a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

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

Cardio Kickboxing – Cardio Boxing and core training combined.

Core & Stretch - focuses on strengthening the core with exercises focusing on your abs and lower back along with great stretches for mobility

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

Deep H2O: All Levels – Easy to follow, fun, safe and effective deep-water exercises for total fitness with emphasis on core strengthening and toning of the much troubled abdominal and back region. Classes held in the deep side of the lap pool.

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.

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.

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

Pumping H2O - A shallow water cardio workout that challenges you with fun, time-efficient exercises for muscle toning & strengthening balance, coordination, much more.

Speed Pump - High-tempo, full-body, strength and conditioning workout using free-weights.

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

Strong By Zumba - combines body weight, muscle conditioning, cardio and plyometrics training moves synced to original music.

Tabata - is a high intensity, interval training that consists of eight sets of exercises each performed for 20 second rounds.

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

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