

# May Group Fitness Schedule

## Monday:

6:00 – 6:45am Cycling Unlimited w/Mike  
8:30 – 9:15am BodyPump w/Kari  
9:00 – 9:45am Cycling Unlimited w/Kristina  
9:45am – 10:30am Pumping H2O w/Maureen  
9:45 – 10:30am Dance Rhythms w/Amie  
11:00 – 11:45am Pilates & Tone w/Nicole  
12:00pm – 12:45pm Strong and Balanced w/Charlotte

## 5:30 – 6:15pm Zumba w/Katie

5:30 – 6:15pm Cycling Unlimited w/ Mauricio  
6:45 – 7:30pm BodyPump w/Karen  
6:40pm – 7:25pm Pumping H2O w/Amy B.

## Tuesday:

## 6:00 – 6:45am 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/Sheri

4:30 – 5:15pm BodyPump w/Teri

## 5:30 – 6:15pm Kickbox and Core w/Tricia

5:30 – 6:15pm Cycling Unlimited w/Teri

## 6:30 – 7:15pm Barre w/Dee Dee

## Wednesday:

6:00 – 6:45am Cycling Unlimited w/Mike

## 6:00 – 6:45am Strength and Recovery w/Tricia

8:30 – 9:15am Tabata w/Teri

8:30 – 9:15am Arthritis Plus w/Vicki

9:00 – 9:45am Cycling Unlimited w/Kari

## 9:45 – 10:30am Yoga w/Nicole

9:45 – 10:30am Pumping H2O w/Kelly

## 5:00 – 5:45pm Butts & Guts w/Teri

5:30 – 6:15pm Cycling Unlimited w/Mauricio

## 6:15 – 7:00pm Yoga w/Tacha

6:40pm – 7:25pm Deep H2O w/Amy B.

## Thursday:

6:00 – 6:45am BODYPUMP w/Maureen

## 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

9:45 – 10:30am Aqua Zumba w/Michele

## 5:00 – 5:45pm Bang Power Dance w/Laura

6:15 – 7:00pm BodyPump w/Jae

## Friday:

5:45 – 6:30am 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

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

E/O 9:45 – 10:30am Dance Rhythms w/Amie

E/O 9:45 – 10:30am Bang Power Dance w/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

## 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](http://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.
- 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.
- Land classes will be limited to 12 people per class to maintain appropriate social distancing. Classes in the lap pool will be limited to 15 people and classes in the training pool will be limited to 9 people.
- 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 mats – \$30)
- 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.

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

**DANCE RHYTHMS - A** Cardio Dance Fitness class with worldwide rhythms. Get ready to take a trip around the world and sweat your way through this athletic, empowering and joyful workout with an Afro feel.

**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.

**Kickbox and Core** - Kick boxing that will focus on intense isolation exercises. This class is a high-volume reps, low resistance weights workout. 15-min abs training at the end of each class. All levels.

**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.

**Strength and Recovery** - A full body strength workout that will incorporate weights, foam rollers, and dynamic and static stretching to strengthen and loosen muscles and increase range of motion.

**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!

**Tabata** - 8 Rounds of high intensity exercises lasting 20 seconds with 10 seconds of rest and recovery

**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.