

# November Group Fitness Schedule

You only need to sign up for **Cycling and BODYPUMP** classes.

## Monday:

6:00 – 6:45am **Cycling Unlimited w/Mike**  
8:00 – 8:45am **Arthritis Plus w/Amy**  
8:30 – 9:25am **BodyPump w/Kari**  
9:00 – 9:55am **Cycling Unlimited w/Kristina**  
9:45am – 10:30am **Pumping H2O w/Maureen**  
9:45 – 10:40am **Dance Rhythms w/Amie**  
11:00 – 11:55am **Pilates & Tone w/Nicole**  
12:00pm – 12:45pm **Strong and Balanced w/Charlotte**

## 5:30 – 6:25pm Zumba w/Katie

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

## Tuesday:

6:00 – 6:45am **Fit Camp w/Shelly**  
8:30 – 9:15am **Power Sculpt w/Charlotte**  
8:45 – 9:30am **Fit Over 50 w/Kari**  
9:00 – 9:45am **Aqua Zumba w/Michele**  
9:00 – 9:45am **Cycling Unlimited w/Kristina**  
9:45 – 10:30am **Band and Tubes w/Justin**  
11:00 – 11:55am **Yoga w/Sheri**  
12:15pm – 1:00pm **Zumba Gold w/Michelle**

4:30 – 5:25pm **BodyPump w/Teri**

6:00 – 6:55pm **Barre w/Dee Dee**

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

## Wednesday:

6:00 – 6:45am **Cycling Unlimited w/Mike**  
6:00 – 6:45am **Power Sculpt w/Shelly**  
8:00 – 8:45am **Arthritis Plus w/Vicki**  
8:30 – 9:15am **Tabata w/Kim**  
9:00 – 9:45am **Pumping H2O w/Kelly**  
9:00 – 9:45am **Cycling Unlimited w/Kari**  
9:45 – 10:40am **Yoga w/Nicole**

4:30 – 4:55pm **Awesome Abs w/Teri**

5:00 – 5:45pm **20/20 (Arms and Legs) w/Teri**

5:30 – 6:25pm **Cycling Unlimited w/Kathryn**

6:15 – 7:10pm **Yoga w/Tacha**

6:40 – 7:25pm **Deep H2O w/Amy B.**

## Thursday:

6:00 – 6:55am **BODYPUMP w/Maureen**

8:30 – 9:25am **Mat Pilates w/Vicki**

8:45 – 9:30am **Fit Over 50 w/Kari**

9:00 – 9:55am **Cycling Unlimited w/Heather**

9:00 – 9:45am **Aqua Zumba w/Michele**

9:45 – 10:40am **Zumba w/Heidy**

5:00 – 5:55pm **Bang Power Dance w/Laura**

6:15 – 7:10pm **BodyPump w/Jae**

## Friday:

5:45 – 6:40am **Cycling Unlimited w/Shelly**

8:00 – 8:45am **Arthritis Plus w/Amy**

8:30 – 9:15am **HIIT w/Justin**

9:00 – 9:55am **Cycling Unlimited w/Kelly**

9:00 – 9:45am **Deep H2O w/Amy M.**

9:45 – 10:30am **Power Sculpt w/Kari**

11:00 – 11:55am **Mat Pilates w/Vicki**

12:00 – 12:45pm **Strong and Balanced w/Vicki**

4:30 – 5:15pm **Fit Camp w/Kathryn (The Yard)**

5:00 – 5:55pm **Zumba w/Katie**

6:15 – 7:10pm **BodyPump w/Karen**

## Saturday:

7:15 – 8:10am **Fit Camp w/Maureen**

8:15 – 9:10am **Cycling Unlimited w/Justin**

8:30 – 9:25am **Power Sculpt w/Charlotte**

9:30 – 10:15am **Cycling Unlimited w/Alicia**

9:45 – 10:30am **Pumping H2O w/Karen**

9:45 – 10:40am **Bang Power Dance w/Laura**

10:45 – 11:30am **HIIT w/Kim**

## Sunday:

8:30 – 9:25am **BodyPump w/Maureen**

9:30 – 10:25am **Cycling Unlimited w/Justin**

9:45 – 10:40am **Yoga w/Dee Dee**

10:15 – 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.
- 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

## 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.

**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

**Tubes and Bands** - A combination of cardiovascular and strength training using versa tubes & strength bands.

**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.