

March 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/Justin
9:30 – 10:25am Cycling Unlimited w/Shelly
9:00am – 9:45am Pumping H2O w/Kim
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

4:30 – 5:15pm Fit Camp w/Kathryn
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 Power Sculpt w/Justin
8:30 – 9:15am Power Sculpt w/Charlotte
8:30 – 9:15am Fit Over 50 w/Nicole
9:00 – 9:45am Aqua Zumba w/Michele
9:00 – 9:45am Cycling Unlimited w/Kristina
9:30 – 10:15am Mat Pilates w/Kim Bell
9:30 – 10:15am Fit Camp w/Shelly (Gymnasium)
11:00 – 11:55am Yoga w/Sheri
12:00 – 12:45pm Deep H2O W/Susan
12:15pm – 1:00pm Zumba Gold w/Michelle

4:30 – 5:25pm BodyPump w/Teri
5:30 – 6:15pm Cycling Unlimited w/Kim
6:00 – 6:55pm Barre w/Dee Dee

Wednesday:

6:00 – 6:45am Fit Camp w/Justin
6:00 – 6:45am Cycling Unlimited w/Mike
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/Charlotte
9:45 – 10:40am Yoga w/Nicole
11:15am – 12:00pm Mat Pilates w/Kim Bell

5:00 – 5:55pm 20/20/20 w/Teri
5:30 – 6:25pm Cycling Unlimited w/Kathryn
6:15 – 7:10pm Yoga w/Jae
6:40 – 7:25pm Deep H2O w/Susan

Thursday:

5:45 – 6:40am BODYPUMP w/Maureen
8:30 – 9:25am Mat Pilates w/Vicki
8:30 – 9:15am Fit Over 50 w/Nicole
9:30 – 10:25am Cycling Unlimited w/Nicole
9:00 – 9:45am Aqua Zumba w/Michele
9:30 – 10:15am Fit Camp w/Shelly (Gymnasium)
9:45 – 10:40am Zumba w/Heidy
10:45 – 11:30pm Barre w/Heidy

5:00 – 5:55pm Dance Fit w/Laura
6:15 – 7:10pm BodyPump w/Jae

Friday:

6:00 – 6:55am Cycling Unlimited w/Justin
8:00 – 8:45am Arthritis Plus w/Amy
9:00 – 9:45am HIIT w/Shelly
9:00 – 9:55am Cycling Unlimited w/Kelly
9:00 – 9:45am Deep H2O w/Amy M.
10:00am – 10:45am Power Sculpt w/Kim
11:00 – 11:55am Mat Pilates w/Vicki
12:00 – 12:45pm Strong and Balanced w/Vicki

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/Mike
9:45 – 10:30am Pumping H2O w/Karen
9:45 – 10:40am Dance Fit 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 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 Apple Store 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.

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 Fit – This is a cardio-based dance class that will keep you moving with great music and motivating instruction.

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 Camp - Fun and exciting class using body weight and cardio training. Great for all levels.

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.