HBE GROUP FITNESS

Winter Group Fitness and Wellness Menu

Begins January 8th, 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30am-7:15am	**Step Mix** Amy	**Early Burn MIIT/HIIT** Amy	**AM Boot Camp HIIT** Jon	**Early Burn MIIT/HIIT** Amy	
10:30am-11:00am		**Exercise in the Park** Outdoor Intervals Kaela		**Exercise in the Park** Outdoor Intervals Kaela	
11:00am-11:30am	**30 Minute Muscle** Jenn		**30 Minute Muscle** Jenn		**Early Burn MIIT** Lisa
11:15am-12:00pm		**YogaLates** Amy		**YogaLates** Jessika	
11:40am-12:10pm	**Lunch Burn MIIT/HIIT** Callie		**Hoop to the Core** Amy		**Lunch Burn MIIT/HIIT** Callie
11:30am-12:15pm Area IV 962/1087	**Yoga** Diane	**Total Body Workout** Cathie	**Samba Sizzle Mix** Monica	**Total Body Workout** Cathie	
12:00pm-1:00pm Area V 6585/conf			**Yoga** Kelley/David		
12:15pm-1:00pm	**Yoga** Amy	**Sculpt and Strengthen** Brian	**Yoga** Amy	**Sculpt and Strengthen** Brian	**Yoga** Amy
4:30pm-5:00pm		**After Burn** Deb		**After Burn** Lisa	
5:00pm-5:45pm	**Kettle Bell Mix** Dale/Robert	**Yoga** Lisa Start Time 5:05	**Kettle Bell Mix** Dale/Robert	**Yoga** Jenny Start Time 5:05	**Kettle Bell Mix** Dale/Robert Jan 8-May 27

The HBE Preventive Health Program has a staff of certified exercise professionals who offer a variety of group fitness activity classes.

Participation requirements:
1. Completion of the **Physical Activity Readiness Questionnaire (PAR-Q Form)**
2. Checking in for the class or classes you are attending on the group fitness kiosk

Group fitness activity classes are held in the HBE Employee Health Fitness Room in MO 307, Hardin Park or Area IV. Bring your workout clothes and shoes. MO 307 has showers and a place to change. Class continuance depends on attendance. A minimum number of participants arerequired: 5 for outdoor classes and 9 for indoor classes. No enrollment is necessary.

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30 Minute Muscle
30 minute muscle sessions designed to challenge and confuse muscles to build strength, endurance and lean body mass. This class may offer some aerobic benefits, but is not designed with a cardio-vascular format. This intense 30 minute muscle session is primarily resistance training and can be modified for all fitness levels.

AM Boot Camp (HIIT)
Constantly varied high intensity functional strength and agility movements that are easily modifiable for an individuals' ability. Improve: Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, and Balance. This class will also focus on one's ability to perform a wide variety of real-world tasks while avoiding getting stuck in pattern training. AM Boot Camp class may have outdoor sessions at Hardin Field, weather permitting. Meet a few minutes early in the Group Fitness room for check in please. AM Interval includes heart pumping cardio vascular intervals for heart health.

Beginning/Intermediate 30 Minute Cardio Circuit
A 30 minute super circuit class involving varying intensities. This quicker paced 30 minute workout can yield the muscular performance and cardio-vascular benefits of a 45 minute session if performed with adequate intensity. Participants will use a variety of equipment including weights, tubes, balls, and steps. These classes can be modified for varying levels. The Cardio Circuit class emphasizes moderate to intense aerobic training.

Exercise in the Park
A 30 minute outdoor interval class held at Hardin Park. This class needs no equipment (unless instructor provided), and can be modified for all levels. Compelling research points to green exercise as a means of significantly reducing stress, improving mood, and even increasing frequency of exercise. The class will meet at the park. Please check in before or after class in MO307. In the event of inclement weather, we have indoor space reserved.

Hoop to the Core
Hula Hooping is a Low-to-No Impact effective aerobic activity focusing on waist trimming, core defining, fluid movement. Additional benefits of hooping include development of core strength, balance, coordination and flexibility.

Kettle Bell Mix
Stay in great condition! Kettle Bells provide resistance and cardio vascular benefits with whole body functional movements. A 45 minute class involving varying intensities. Participants may use a variety of equipment in addition to Kettle Bells. This class can be modified for varying levels.

All Burn Classes (MIIT/HIIT- Early Burn MITT/HITT)
Medium intensity interval training/High intensity interval training. The masters' class is geared for experienced participants. The MIIT class caters to a less experienced population or those who are looking for a bit less intensity. Both classes challenge movement patterns to create new neuromuscular pathways by moving in different speeds, in all directions with differing pieces of equipment to keep your brain and your muscles ENGAGED!

Run Club (all levels welcome) – Look for start/end dates coming in Spring
Time to tackle a bucket list item: Run 5K, 10K, maybe even a Half Marathon! Join us as we train for specific distances (schedule rotates). Each running program will target three days of running per week. We will meet Tuesday mornings at 6:30 in MO307 then head out to Hardin Field for running speed work. Lace up your running shoes and join the fun!

Samba Sizzle Mix
A mix of Latin and aerobic dance moves including, but not limited to, meringue, salsa, and mambo steps with hip shakes and shoulder shimmies to tone muscles and improve aerobic conditioning. This aerobic dance workout is low to moderate impact but may be performed at low impact for beginners.

Sculpt and Strengthen
Practice safe, effective, strength and flexibility exercises for the upper and lower body, abdominal and back muscles, using hand weights, resistance bands and basic calisthenics. Some cardio intervals may be added. Appropriate modifications for beginners are demonstrated.

Step Mix
Get fantastic workouts using primarily the stepping platform. Different step heights are possible for all fitness levels. This class primarily focuses on cardio vascular fitness, but may involve a mix of conditioning exercises or intervals utilizing the step and other small conditioning equipment such as dumbbells, balls, bars, bands, blocks, tubes and/or hoops.

Total Body Workout in Area IV
Stay in great condition! A 45 minute super circuit class involving varying intensities. This class yields both muscular performance and cardio-vascular benefits. Participants will use a variety of equipment including weights, tubes, balls, steps, and more. This class can be modified for varying levels.

Walking Class – Not currently offered
Put on your jacket and comfortable shoes and join us for our new Walking Class. This class is intended for beginners. If you have ever felt uncomfortable walking into a fitness club or exercise class, feeling you just don't fit in, join us on a journey towards improved fitness. This class meets at the corner of Hardin for a 30 minute walk around the field.

Yoga (Hatha/blend)
Hatha Yoga is a comprehensive method of yoga that leads to harmony of body, breath and mind, achieved through stretching, breath awareness, and relaxation. Our yoga classes introduce individuals to the principles of Hatha and can be modified for all fitness levels. Workout attire is recommended, and a personal yoga mat is optional but recommended.

YogaLates for all levels
YogaLates combines core management methods of Pilates exercises with the mind/body/breath discipline of Yoga. Both forms of exercise focus on the body's core: spine, abdominals, and low back and pelvic floor muscles. The essence of Pilates is using the mind to master the core muscles to originate all movement from our body's core. Yogalates assists in reducing physical and mental stress, while lengthening the muscles that run along the long bones of the body. Other benefits include improved quality of movement, enhanced balance and posture, improved core strength, reduced low back pain, and increased muscle flexibility. This class is appropriate for all fitness levels. Dress for workout.