

Healthplex Fitness Classes

Email: Gym@phs.org

Phone: 823-8399

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00 a.m. Indoor Cycling	8:00-9:00 a.m. Indoor Cycling	6:00-7:00 a.m. Indoor Cycling	8:00-9:00 a.m. Indoor Cycling	6:00-7:00 a.m. Indoor Cycling	10:00-10:45 a.m. Chair Class
7:00-7:30 a.m. Core Conditioning	8:30-9:00 a.m. "Abi"dominals	7:00-7:30 a.m. Core Conditioning	8:30-9:00 a.m. "Abi"dominals	7:00-7:30 a.m. Core Conditioning	
8:00-9:30 a.m. Yoga	9:00-9:30 a.m. Simple Step	8:00-9:30 a.m. Yoga	9:00-9:30 a.m. Simple Step	8:00-9:30 a.m. Yoga	
8:30-9:30 a.m. Stretch-n-Tone	9:00-10:00 a.m. Yoga	8:30-9:30 a.m. Stretch-n-Tone	9:00-10:00 a.m. Yoga	8:30-9:30 a.m. Stretch-n-Tone	
9:45-10:45 a.m. Low Impact Aerobics	9:45-10:45 a.m. Muscle Hour	9:45-10:45 a.m. Low Impact Aerobics	9:45-10:45 a.m. Muscle Hour	9:45-10:45 a.m. Low Impact Aerobics	
10:00-10:45 a.m. Chair Class	10:00-10:45 a.m. Chair Class	10:00-10:45 p.m. Chair Class	10:00-10:45 a.m. Chair Class	10:00-10:45 a.m. Chair Class	
11:00-12:00 p.m. Fitness Education	11:00-11:30 a.m. Balance	2:45-3:45 p.m. Low Impact Aerobics	11:00-11:30 a.m. Balance	2:45-3:45 p.m. Low Impact Aerobics	
12:30-1:00 p.m. Chair Class	11:00-12:00 p.m. NIA	5:00-5:30 p.m. Ab Express	1:30-2:30 p.m. T'ai Chi Chih	5:00-5:30 p.m. Ab Express	
1:00-2:00 p.m. Parkinson's Chair Class	1:30-2:30 p.m. T'ai Chi Chih	5:30-7:30 p.m. Volleyball	3:00-4:00 p.m. Parkinson's Chair Class	6:00-7:00 p.m. Cardioblast	
2:45-3:45 p.m. Low Impact Aerobics	2:30-3:30p.m. Chair Yoga	5:45-6:45 p.m. Indoor Cycling	5:15-6:15 p.m. Indoor Cycling		
5:00-5:30 p.m. Ab Express	3:00-4:00 p.m. Parkinson's Chair Class		6:30-7:45 p.m. Yoga		
5:45-6:45 p.m. Indoor Cycling	5:15-6:15 p.m. Indoor Cycling				
6:00-7:00 p.m. Cardioblast	6:00-7:00 p.m. Basketball				
	6:30-7:45 p.m. Yoga				<i>1/9/2009 last printed</i>

Class descriptions

Ab Express: A short 30-minute workout emphasizing abdominal and low back muscles.

"Abi"dominals: 30 minutes of trunk exercises to strengthen, stabilize, and balance the core.

Balance Class: A 30-minute balancing act! Exercises are designed to improve coordination, body awareness and core strength. Please sign up within 24 hours of class at the front desk (15 person limit).

Cardioblast: High energy, low-impact, cardio / strength/ stretch class that will give you everything you need for fitness.

Chair Class: Using chair assisted exercises, this class works on improving strength, flexibility, and balance.

Chair Yoga: Breath and body awareness. Stretching, relaxation, and breathing exercises done while seated in a chair.

Core Conditioning: A 30 minute class targeting core abdominal and lower back muscles with an emphasis on proper exercise mechanics, flexibility, and balance.

Fitness Education: This class will enable you to feel competent and comfortable in ANY group class. Learn proper technique and body mechanics to have fun and benefit from low impact, power moves, strength training and relaxation!

Indoor Cycling: As close to road cycling as you can get! Cycling at varying cadences and intensities designed to develop cardiovascular endurance, leg strength, and speed. See cycling class schedule for specific types of classes.

Low Impact Aerobics: Designed to improve your cardiovascular fitness while having lots of fun! Stretching and strengthening exercises are also included.

Muscle Hour: 1 hour training class designed to specifically increase muscular strength and endurance.

NIA: Experience the delight of dance, the gratification of a workout and the serenity of meditation with this holistic dance fitness program.

Parkinson's Chair Class: Designed specifically for individuals with Parkinson's, this class includes flexibility, strength, balance, and coordination exercises. Great follow up for graduates of the Parkinson's series offered at the Healthplex.

Simple Step: 30 minutes of aerobic exercise utilizing a step to increase heart rate and improve lower body strength, agility, and balance. Use of step is optional.

Stretch-n-Tone: 1-hour class working on strength, flexibility, and balance using weights, bands, and/or stability balls to help improve your overall fitness.

T'ai Chi Chih: These 9-lesson classes will teach you the 19 movements of the Cosmic Consciousness Pose.

Yoga: Through a series of yoga poses, this class helps you build strength, increase flexibility, and improve posture, while soothing the body and mind. Yoga also focuses on breathing awareness exercises and deep relaxation.