

Group Fitness Schedule - "8 for \$80"

September – November 2019

Classes begin the week of September 16th, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	6:00 am Boot Camp (Name?) Marey		6:00 am Boot Camp (Name?) Marey	7:00 am Fartlek Friday (speed interval training) Marey
12 noon Boot Camp Marey			12 noon Boot Camp Alice	
			4:30 pm Yoga for Flexibility Paula	10:15 am Restorative Yoga Flow Rachel
	4:00 pm Pilates Reformer Circuit Beth		4:30 pm Hatha Yoga Pam V Starting 10/3	
5:00 pm Pilates Reformer Circuit Megan		5:30 pm Hump Day HIIT Marey	5:00 pm Gentle Flow Yoga Emily P	SATURDAY 9 AM Paula Yoga
			4 pm Meet me at the Barre Maddie	

LOCATION COLOR KEY:

PUBLIC may attend Woodwinds and Midway classes

HealthEast employees may attend classes at any site

-  Woodwinds Campus
-  Bethesda Hospital (Wellness Center, lower level)
-  Midway Campus (Conley & Haag-Rinkel conference rooms)
-  St. John's Hospital ("Old" Resource Center)
-  St. Joseph's Hospital (3M Room)

Registration is required and is specific to each class series. Classes are NOT interchangeable and are subject to change. Persons wishing to cancel enrollment, must do so within three business days prior to the first date of the class series if a refund is desired.

All Group Fitness Classes are 45 minutes (unless noted).

Attention HealthEast Employees: "Wellness dollars" may be used for payment & registration. Please complete and submit the "Wellness Dollars Agreement" found on the Infonet. Select class, day, time and location. This agreement form is your registration as well.

For all questions, please email us at: waystowellness@healtheast.org or call 651.232.1926.

Visit us on the web: www.healtheast.org/waystowellness

Class Description

Summer (Boot) Camp	Join us for a great workout to kick off your day! Are you a parent who has a hard time squeezing in fitness with your kids around? A college student home for the summer? A high school athlete looking to stay fit for next season? Someone who just wants to kick off a healthy lifestyle? THIS SUMMER BOOT CAMP IS FOR YOU! This camp is inclusive to everyone, beginners to advanced participants! By mixing strength, cardio, and core we are going to be creating the BEST version of ourselves- all while having a really great time. Laughter is mandatory and all judgements are left at the door 😊
Hump Day HIIT	Let's JUMP over that hump of the week and get ourselves ready for the weekend. This is a fun bodyweight workout that will be done OUTSIDE (weather permitting) as often as possible! Who doesn't love getting a great workout in while soaking up some Vitamin D? NOT ME! This class is geared towards ANYONE who wants to groove their body
Fartlek Friday (speed interval training)	Have you ever wanted to run your first 5k or do you have a distance race coming up this fall? Come join our awesome RUN CLUB! You will get a Running program, as well as a fun weekly group run- all paces are welcome! We will also do run specific resistance training and stretches to help keep you injury free this summer!
Pilates Reformer Circuit	Pilates Circuit Class is a challenging, high-intensity class that incorporates cardio, strength, and plyometrics. Using a variety of Pilates equipment, you will experience a full body workout! Your muscles will lengthen, your posture will improve, and your core will strengthen. All ability levels welcome. Pilates experience encouraged but not required.
Gentle Flow Yoga	Be kind to your body and mind in slower-paced class that is excellent for beginners getting started in their practice or experienced yogis seeking a gentle approach to classical Hatha sessions. Explore the dynamic integration of pranayama (breath) and movement as you strengthen, stretch, and repair muscles that are in need of love. All are welcome to their mat in an atmosphere free of competition and comparison.
Restorative Yoga Flow	Suitable for anyone and everyone who is seeking to develop an invigorating yoga flow practice. Myofascial stretching is incorporated. Benefits include: increased strength, flexibility & balance, and a greater sense of well-being (mind, body & spirit). All ability levels welcome.
Yoga-tation	This class begins with a slow yoga flow to energize and strengthen the body, followed by deep stretching and meditation. A perfect blend of yin and yang to leave you feeling refreshed and restored. Concerned about getting back to work on time? No problem, feel free to come when you can and stay as long as you like. No experience necessary.
Yoga for Flexibility	Increase flexibility, core strength, and balance through a series of yoga poses with a strong emphasis on alignment and breathing. Classes include warm-up, sun salutations, standing sequences, balance poses, seated and lying poses. Classes end with an aromatherapy-scented towel during savasana (final resting pose).