

Group Fitness Schedule - "8 for \$80"

November 2018 – January 2019

Classes begin the week of November 26, 2018 (No classes week of 12/24 & 12/31)

Please note some classes are 4/\$40

Monday	Tuesday	Wednesday	Thursday	Friday
		5:45 am Barre HIIT Alice		5:15 am Boot Camp Kirk
	4:00 pm Pilates Reformer Circuit Beth	7:30 am Yoga-tation Justin	12 noon Boot Camp Alice	7:00 am Yoga Stretch & Flow Amie
12:00 noon Yoga-tation Lisa S.		5:00 pm Gentle Flow Yoga Emily P.	4:30 Gentle Flow Yoga Pam V	6:15 - 6:45 am Reframe Your Day Mindful Meditation Justin
5:00 pm Pilates Reformer Circuit Megan		4:45 pm Yoga for Flexibility 1/9 - 1/30 Paula 4/\$40	4:30 pm Yoga for Flexibility 1/10-1/31 Paula 4/\$40	10:15 am Restorative Yoga Flow Rachel
6:00 - 6:30 pm Reframe Your Day Mindful Meditation 1/9 - 2/11 Lisa 4/\$40	5:00 pm Boot Camp for Beginners Kirk	6:30 pm Yoga for Flexibility 1/9 - 1/30 Paula 4/\$40	5:00 pm Krazy for Kettlebells Kirk	

LOCATION COLOR KEY:

PUBLIC may attend Woodwinds and Midway classes

-  Woodwinds Campus
-  Midway Campus (Conley & Haag-Rinkel conference rooms)
-  St. Joseph's Hospital (3M Room)

HealthEast employees may attend classes at any site

-  Bethesda Hospital (Wellness Center, lower level)
-  St. John's Hospital ("Old" Resource Center)
-  Fairview Southdale (Au Fait conference 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.

Class Description

Barre HIIT	Looking for something new? Feel the burn in this fun Barre/HIIT hybrid! Strengthen & tone your entire body with classic barre exercises and challenge your heart with high intensity cardio intervals. In and out in 45 minutes!
Boot Camp	Get ready to work through intense functional movements to challenge your body in new ways. Heavy lifts, plyometrics and interval training will challenge your body and avoid the plateau. Class is appropriate for those who can do; knee push-ups, a full sit up, a full squat, able to jump and get down on the floor. Intermediate to advanced ability levels.
Boot Camp for Beginners	Does Boot Camp sound a little intimidating? Try Boot Camp for Beginners! Build confidence, strength, and cardio with interval training for all levels of fitness. Intensity levels increase weekly to develop strength and to have you feeling great!
Krazy for Kettlebells	Krazy for Kettlebells is a full body workout focusing on functional movements and interval training. We will step up the intensity week by week to keep challenging you and to avoid plateauing. With some cardio and great strength exercises, this workout has you covered!
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).
Reframe Your Day Mindful Meditation	Come join Lisa and Justin for guided meditation. Whether you're new to meditation or you've been meditating for years this class is for you! There will be a new theme each week. Participants have the option of sitting in a chair, sitting on a cushion or lying on the floor. Please wear comfortable and loose fitting clothing.
Yoga Stretch & Flow	All ability levels are welcome to this 45-minute class that includes both seated gentle stretching and flowing standing postures. Class begins with 10 minutes of stretching followed by a yoga flow that matches one breath to one movement. This class will raise the heart rate and then end with a slower, gentle cool down. The instructor will offer modifications for most postures. Yoga philosophy is incorporated throughout the class to introduce students to yogic principles.

