

FORT HEALTHCARE GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
9:45-10:45A YOGA CARRIE CLASSROOM D	10-11A HEALTHY STEPS ANNE REHAB	12-12:45P YOGA CARRIE CLASSROOM D	10-11A HEALTHY STEPS ANNE REHAB	
5-6P YOGA CARRIE CLASSROOM D	5:00P-6P YOGA CARRIE CLASSROOM A	5-6P BODY BLAST TIFFANY CLASSROOM D	7-8P ZUMBA TIFFANY CLASSROOM T&S	
5:30-6:30P MOVIN' AND LOSIN' TIFFANY CLASSROOM CR	5-5:45P AQUA ZUMBA TIFFANY MS	5:30-6:30P MOVIN' & LOSIN' TIFFANY CLASSROOM CR		
6:30P-7:30P GET N' FIT FITNESS T&S	6:15P-7:15P NO-NONSENSE, LOW-IMPACT CARRIE CLASSROOM D	6:15-6:45P GLUTES & ABS TIFFANY CLASSROOM D		
		6:30P-7:30P GET N' FIT FITNESS T&S		CLASS LOCATIONS: Classroom A: - 611 Sherman Ave. E. Ground Floor Classroom D: 611 Sherman Ave. E. Ground Floor CIR: Cardiac Rehab-611 Sherman Ave. E. First Floor T&S: Therapy & Sport- 1504 Madison Ave. MS: Middle School- 310 S. Fourth St. E. RLAC: Rock Lake Activity Center- 229 Fremont St. Lake Mills
		6:50-7:20P ABSOLUTE ARMS TIFFANY CLASSROOM D		
TO REGISTER FOR CLASSES:				

CALL 920-568-5475 OR VISIT FORTHEALTHCARE.COM/CLASSES



CLASS DESCRIPTIONS

ABOVE THE BELT- Anything and everything goes from the waist up. This upper body focused class will challenge your range of motion, improve your strength, and help you gain flexion.

ABSOLUTE ARMS- Join the class that only focuses on your arms,. This strength only class will Increase your range of motion, tighten, and tone your arms in ways you can only imagine!

AQUA ZUMBA- This 45 minute class is challenging a water based workout that integrates the Zumba formula into traditional aqua fitness. Come enjoy Zumba in the pool!

BELOW THE BELT- Strengthen your lower body in this 30 minute class that is designated to target and tone your glutes, quads, hamstrings, and calves.

BODY BLAST- This class is designed to help you achieve better bone density and strength by lifting weights, using floor mats, and other pieces of equipment each week.

BOOTCAMP- This intensive one-hour class focuses on the full body. Using equipment and body weight exercises, this class focuses on toning muscles with intermittent cardio intervals.

CARDIO KICKBOXING- An energized approach to kickboxing that is welcome to all fitness levels. This class will help you gain balance and flexibility, all Increasing your heart rate.

CORE CONCENTRATION- Great Beginner Class, strengthen the 5 layers of abdominal muscles & back for centering support which we all need.

FORM & FUNCTION- A lower impact and effective approach to boot camp that teaches you proper strength positioning and techniques. A great class for those who would love to build overall strength without the high impact.

GLUTES & ABS- a fun and challenging way to tone and tighten your whole core beltline.

HEALTHY STEPS- A fun, cardio based program that helps you improve your overall wellness, range of motion, as well as your overall emotional state.

KICK-STEP-BOX- Powerful fusion that integrates kickboxing & step. Burn calories, while increasing muscle definition during this cardio based class that accommodates to all fitness levels.

KICKBOX CROSS- Need an outlet to increase your heart rate and train like an athlete? Athletic kickboxing will give you just. Come take an intense class that provides you with flexibility, strength and balance.

MOVIN' & LOSIN' ADULTS- 12 week weight management program designed to educate and help you reach your goals through physical activity.

MOVIN' & LOSIN' FAMILIES- 10 week family fitness weight management program designed for families with children ages 6-16 who are looking to incorporate healthy habits into their lives. Fitness activities and nutrition guidance is covered each week.

NO NONSENSE, LOW IMPACT WORKOUT- 30 minutes of low impact and high energy that teaches you strength training and basic calisthenics. Easy to follow and easy on the joints.

STEP & SCULPT- This class utilizes the step to increase your heart rate and challenge your body with both step choreographed moves and strength training exercises. All fitness levels are welcome.

TABATA BURN- Come enjoy a quick and effective 30 minute class that utilizes Interval Training that is completed in segments of 20 seconds of work followed by 10

seconds of rest. This class is both cardio and strength based and is formatted to fit all fitness levels.

TABATA INFUSED BOOTCAMP- Interval Training that is completed in segments of 20 seconds of work followed by 10 seconds of rest. This class is both cardio and strength based and is formatted to fit all fitness levels.

ZUMBA- this 6 week party fuses cardio workouts with a latin flavor in an easy to follow dance routine mixed with intervals of body toning.

BASIC TAI CHI- T'ai Chi is a traditional exercise practiced for health, relaxation, meditation, and self-defense. The health benefits include increased circulation, balance, strength, calmness, and confidence. The Yang Style of Professor Cheng Man-Ch'ing will be taught and students may learn two-person T'ai Chi T'u Shou after completing the

solo form. T'ai Chi can be practiced by people of all ages and physical conditions and no special equipment is required.

CONTINUING TAI CHI- Participants must have completed Basic T'ai Chi or other beginning T'ai Chi class in this more advanced version of Fort HealthCare's T'ai Chi classes.

CORRECTIONS TAI CHI- Participants must have completed Basic T'ai Chi or a beginning T'ai Chi class.

YOGA- Participants will have the opportunity to improve posture, balance, flexibility, body awareness, and presence of mind through basic yoga postures & meditation techniques. This yoga class is welcome to anyone interested in yoga and can be modified to most fitness levels.

MEDITATION & BREATHING TECHNIQUES- This class will focus on meditation and breathing techniques to calm the mind and unwind tension in the body.