

Fort HealthCare Group Fitness

Monday

9:45-10:45a	Continuing Yoga	Carrie	D
11:30a-12p	Core Concentration	Nicole	D
12:15-12:45p	Form & Function	Nicole	D
4-5p	Boot Camp	Nicole	D
5-6p	Beginning Yoga	Carrie	A
5:15-6:15p	Boot Camp	Nicole	D
5:30p-6:30p	Movin' and Losin'	Tiffany	CR
6:30p-7:30p	Meditation/Breathing techniques to calm the mind	Carrie	A
6:30p-7:30p	Turbokick®	Stephanie	D

Tuesday

5:45a-6:15a	Insanity	Stephanie	D
10a-11a	Healthy Steps	Anne	Rehab
11:30a-12p	Glutes and Abs	Nicole	D
12:15p-12:45p	Upper Body Sculpt	Nicole	D
3:00p-3:30p	Insanity	Stephanie	D
3:45p-4:45p	Boot Camp	Nicole	D
4:45p-5:45p	Beginning Yoga	Carrie	A
5:00p-5:45p	Aqua Zumba	Tiffany	MS
5p-5:30p	Glutes and Abs	Nicole	D
6p-7p	No-Nonsense, Low-Impact	Carrie	D
6:45p-7:45p	Movin' and Losin'	Heidi/Alyssa	T&S

Wednesday

12p-12:45p	Noon Beginning Yoga	Carrie	D
3:45p-4:45p	Step Aerobics	Nicole	D
5p-6p	Body Blast	Tiffany	D
5:30p-6:30p	Movin' and Losin'	Tiffany	CR
6:15p-6:45p	Glutes and Abs	Tiffany	D
7p-7:30p	Skinny Arms	Tiffany	D

Thursday

10a-11a	Healthy Steps	Anne	Rehab
11:30a-12p	Core Concentration	Nicole	D
12:15p-12:45p	Lower Body Sculpt	Nicole	D
4p-5p	Boot Camp	Nicole	D
5:15p-6:15p	Cardio Kickboxing	Nicole	D
6p-7p	Basic Tai Chi	Jim	FAC
6:30p-7:30p	Group Strength	Stephanie	D
7p-8p	Zumba	Tiffany	T&S
7:15p-8:15p	Continuing Tai Chi	Jim	FAC
8:30p-9:45p	Corrections Tai Chi	Jim	FAC

Friday

11:30a-12p	Absolute Arms	Nicole	D
12:15p-12:45p	Group Fitness	Nicole	D

Instructors

Anne

Sept 15-Oct 22/Nov 1-Dec 17

Carrie

Sept 14-Nov 16

Nov 2-Dec 7

Nicole

Sept 14-Oct 30

Nov 9-Dec 18

Heidi/Alyssa

Sept 15-Nov 17

Jim

Aug 6-Oct 29

Nov 12-Jan 21

Stephanie

Sept 14-Oct 19

Tiffany

Movin' and Losin' Aug 10-Nov 2

Zumba Oct 1-Nov 5/ Nov 19-Dec 17

Aqua Zumba Sept 22-Oct 27/Nov 10-Dec 22

Wednesday Classes Sept 2-Oct 7/ Oct 21-Nov 11

For more information or clarification, visit

FortHealthCare.com/Classes or call 920-568-5475.

Green: Easy level

Yellow: Intermediate level

Red: Hard level

Blue: Kid-friendly

To register for classes or for more information:

- ✓ Call 920-568-5475
- ✓ Visit us online at FortHealthCare.com/Classes
- ✓ Stop in at 611 Sherman Avenue East, Fort Atkinson, WI 53538

All Fort Atkinson Locations

FAC: Fort Atkinson Club (211 S. Water Street East)

A: Classroom A (611 Sherman Ave East-Ground Floor)

D: Classroom D (611 Sherman Ave East-Ground Floor)

CR: Cardiac Rehab (611 Sherman Ave East-First Floor)

T&S: Therapy and Sport (1504 Madison Ave)

MS: Middle School (310 South Fourth St East)



Fitness

Absolute Arms Increase your range of motion while sculpting your arms inside and out!

Aqua Zumba® Aqua Zumba® keeps the Zumba® fitness workout party going in the pool! This 45-minute class is a challenging water-based workout that integrates the Zumba® formula and philosophy into traditional aqua fitness.

Form & Function Great starter class for learning proper form and technique. Understand what muscles are working and why!

Body Blast A 6-week class that will get your heart pumping and muscles toned while using hand weights, a stability ball, and floor mat. The class is designed to help you achieve health benefits such as maintaining bone density, increasing strength, and shaping your physique. Equipment is provided.

Boot Camp Without one class being the same, this boot camp will alternate from circuit training to station training to group training! You will learn proper form and increase your strength while incorporating cardio to raise your heart rate and feel the burn. Instructed at all levels of fitness and ages.

Cardio Kickboxing An energized approach to kickboxing! Intervals of cardio with kicks, punches, twists, and bends available for all levels of fitness. You can expect to gain flexibility, strength, and balance while increasing your heart rate to burn fat.

Core Concentration Great beginner class to strengthen the 5 layers of abdominal muscles and back for the centering support that we all need! Able to adjust to all levels of interest.

Glutes & Abs A fun and challenging way to tighten and tone your whole core (abs and lower back) and posterior (glutes).

Group Fitness Each week will be a different workout built around the class to appease everyone's interest and challenge level ranging from strength, to cardio, to combination work.

Group Strength A total body conditioning class that targets all major muscles with minimal cardio. Come get a great workout that will teach you how to get the body you deserve!

Healthy Steps Therapeutic exercise and movement program with wonderful music to help you thrive! This class improves overall wellness, range-of-motion, balance, strength and endurance, as well as emotional well-being and self-image.

Insanity A fun filled, action packed cardio based, total body conditioning workout that provides a wide range of modifications for all fitness levels. Are you ready to get Insane?!

Lower Body Sculpt A 30-minute muscle conditioning class focusing specifically on the lower body using dumbbells, exercise balls, body bars, and more!

No Nonsense, Low-Impact Workout Low impact, high energy! Be prepared to sweat and burn lots of calories with 30 minutes of aerobics followed by 30 minutes of strength training and basic calisthenics. Moves are EASY to follow and EASY on the joints. Options are given to accommodate various levels of fitness.

Skinny Arms Express Are you tired of the annoying arm jiggle? Afraid of short-sleeved shirts? Skinny Arms Express is a fun way to tone and tighten the problem areas of the arm and upper body in a high-energy atmosphere. Exercises will vary week by week and the equipment includes dumbbells, Thera-bands, exercise balls, and your own body. Come check out this fast-paced class and feel the burn!

Step Aerobics This class consists of choreographed step patterns. You'll challenge your mind and body as you burn calories. The intensity of your workout is determined by the speed, travel, and execution of your movements. We recommend this class for anyone who has some group fitness class experience and new students who are looking for a challenge are always welcome!

Turbokick® The most outrageously fun class that takes kickboxing to a whole new level! Specially choreographed music and routines allow for an easy to learn workout that is challenging and upbeat.

Upper Body Sculpt This upper body muscle conditioning class targets the back, shoulders, biceps, and triceps. Feel the burn in this 30-minute express class!

Zumba® Ditch the workout - Join the Party! This fitness-oriented 6-week party fuses cardio workouts with a Latin flavor in easy-to-follow dance routines with intervals of body toning. These dance moves create a dynamic, calorie burning workout. Check it out at www.zumba.com.

Body, Mind, & Spirit

Basic T'ai 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'ui 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.

Beginning Yoga Develop the fundamentals of connecting breath to yoga postures, learn techniques to release tension, and improve strength and flexibility. Prior experience not required.

Meditation and Breathing Techniques to Calm the Mind This class will focus on meditation and breathing techniques to calm the mind and unwind tension in the body.

Continuing T'ai 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.

Continuing Yoga Participants will continue to develop the fundamentals of connecting breath to yoga postures, learn techniques to release tension, and improve strength and flexibility. This is an advanced beginner/intermediate level, but can be modified to any level of fitness.

Corrections T'ai Chi Participants must have completed Basic T'ai Chi or a beginning T'ai Chi class.

Noon Beginning Yoga Participants will have the opportunity to relax and de-stress while learning the fundamentals of yoga.

A Healthier You

Movin' and Losin' Families This 10 week family fitness and weight management program is designed for families with children ages 6-16 who are looking for ways to incorporate healthy eating and a more active lifestyle into their lives. A different topic related to nutrition and getting active is covered each week. Every class includes a fun family fitness activity.

Movin' and Losin' Adults This 12-week weight management program, delivered in two 12-week sessions, is designed specifically for adults with education and physical activity designed to help you reach your lifestyle and weight goals.