

# FORT HEALTHCARE GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:45-10:45A</b> <b>CONTINUING YOGA</b> CARRIE CLASSROOM D	<b>10-11A</b> <b>HEALTHY STEPS</b> ANNE REHAB	<b>12-12:45P</b> <b>YOGA</b> CARRIE CLASSROOM D	<b>10-11A</b> <b>HEALTHY STEPS</b> ANNE REHAB	
<b>4-5P</b> <b>TABATA INFUSED BOOT CAMP</b> NICOLE CLASSROOM D	<b>4-5P</b> <b>KICK-STEP-BOX</b> NICOLE CLASSROOM D	<b>3:45-4:45P</b> <b>STEP &amp; SCULPT</b> NICOLE CLASSROOM D	<b>7-8P</b> <b>ZUMBA</b> TIFFANY CLASSROOM T&S	
<b>5-6P</b> <b>YOGA</b> CARRIE CLASSROOM A	<b>5:15P-6P</b> <b>YOGA</b> CARRIE CLASSROOM A	<b>5-6P</b> <b>BODY BLAST</b> TIFFANY CLASSROOM D		
<b>5:15-6:15P</b> <b>HARDCORE BOOT CAMP</b> NICOLE CLASSROOM D	<b>5-5:45P</b> <b>AQUA ZUMBA</b> TIFFANY MS	<b>5:30-6:30P</b> <b>MOVIN' &amp; LOSIN'</b> TIFFANY CLASSROOM CR		
<b>5:30-6:30P</b> <b>MOVIN' AND LOSIN'</b> TIFFANY CLASSROOM CR	<b>5:15-5:45P</b> <b>GLUTES &amp; ABS</b> NICOLE CLASSROOM D	<b>6:15-6:45P</b> <b>GLUTES &amp; ABS</b> TIFFANY CLASSROOM D		<b>CLASS LOCATIONS:</b>  <b>Classroom A:-</b> 611 Sherman Ave. E. Ground Floor  <b>Classroom D:</b> 611 Sherman Ave. E. Ground Floor  <b>CIR:</b> Cardiac Rehab-611 Sherman Ave. E. First Floor  <b>T&amp;S:</b> Therapy & Sport- 1504 Madison Ave.  <b>MS:</b> Middle School- 310 S. Fourth St. E.  <b>RLAC:</b> Rock Lake Activity Center- 229 Fremont St. Lake Mills
<b>6:30-7:30P</b> <b>MEDITATION</b> CARRIE CLASSROOM A	<b>6:15P-7:15P</b> <b>NO-NONSENSE, LOW-IMPACT</b> CARRIE CLASSROOM D	<b>6:50-7:20P</b> <b>SKINNY ARMS</b> TIFFANY CLASSROOM D		
<b>6:30P-7:30P</b> <b>MOVIN' AND LOSIN'</b> T&S				
<b>6:30P-7:30P</b> <b>GET N' FIT FITNESS</b> T&S				

**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.

**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.

**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.

**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.