

# FORT HEALTHCARE GROUP FITNESS SCHEDULE

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
9:45-10:45A <b>CONTINUING YOGA</b> CARRIE CLASSROOM D	5:30-6:30A <b>GROUP STRENGTH</b> STEPHANIE CLASSROOM D	12-12:45P <b>YOGA</b> CARRIE CLASSROOM D	5:30-6:30A <b>GROUP STRENGTH</b> STEPHANIE CLASSROOM D	11:30-12P <b>ABSOLUTE ARMS</b> NICOLE CLASSROOM D
11:30A-12P <b>CORE CONCENTRATION</b> NICOLE CLASSROOM D	10-11A <b>HEALTHY STEPS</b> ANNE REHAB	3:45-4:45P <b>STEP &amp; SCULPT</b> NICOLE CLASSROOM D	10-11A <b>HEALTHY STEPS</b> ANNE REHAB	12:15-12:45P <b>TABATA INTERVAL TRAINING</b> NICOLE CLASSROOM D
12:15-12:45P <b>FORM &amp; FUNCTION</b> NICOLE CLASSROOM D	11:30A-12P <b>GLUTES &amp; ABS</b> NICOLE CLASSROOM D	4:50-5:20P <b>KICKBOX CROSS</b> NICOLE CLASSROOM D	11:30A-12P <b>CORE CONCENTRATION</b> NICOLE CLASSROOM D	<b>Saturday</b> *ALL TAUGHT BY NICOLE CLASSROOM D
4-5P <b>TABATA INTERVAL TRAINING</b> NICOLE CLASSROOM D	12:15-12:45P <b>ABOVE THE BELT</b> NICOLE CLASSROOM D	5-6P <b>BODY BLAST</b> TIFFANY CLASSROOM D	12:15-12:45P <b>BELOW THE BELT</b> NICOLE CLASSROOM D	8-8:30A <b>KICKBOX CROSS</b>
5-6P <b>YOGA</b> CARRIE CLASSROOM A	4-5P <b>KICK-STEP-BOX</b> NICOLE CLASSROOM D	5:30-6:30P <b>MOVIN' &amp; LOSIN' ADULTS</b> TIFFANY CARDIAC REHAB	4-5P <b>BOOT CAMP</b> NICOLE CLASSROOM D	8:45-9:15A <b>CORE CONCENTRATION</b>
5:15-6:15P <b>HARDCORE BOOT CAMP</b> NICOLE CLASSROOM D	4:45-5:45P <b>YOGA</b> CARRIE CLASSROOM A	6:15-6:45P <b>GLUTES &amp; ABS</b> TIFFANY CLASSROOM D	5:15-6:15P <b>KICKBOX CROSS</b> NICOLE CLASSROOM D	9:30-10A <b>TABATA INTERVAL TRAINING</b>
5:30-6:30P <b>MOVIN' &amp; LOSIN' ADULTS</b> TIFFANY CLASSROOM CR	5-5:45P <b>AQUA ZUMBA®</b> TIFFANY MS	6:50-7:20P <b>ABSOLUTE ARMS</b> TIFFANY CLASSROOM D	6-7P <b>BASIC T'AI CHI</b> JIM FAC	<b>CLASS LOCATIONS</b> <b>Classroom A:</b> Hospital Ground Floor, 611 Sherman Ave. E., Fort Atkinson <b>Classroom D:</b> Hospital Ground Floor, 611 Sherman Ave. E., Fort Atkinson <b>T&amp;S:</b> Therapy & Sport Clinic, 1504 Madison Ave., Fort Atkinson <b>RLAC:</b> Rock Lake Activity Center, 229 Fremont St., Lake Mills <b>Cardiac Rehab:</b> Hospital First Floor, 611 Sherman Ave. E., Fort Atkinson <b>MS:</b> Middle School, 310 S. Fourth St. E., Fort Atkinson <b>FAC:</b> Fort Atkinson Club, 211 S. Water St. E., Fort Atkinson
6:30-7:30P <b>MEDITATION</b> CARRIE CLASSROOM A	5:15-5:45P <b>GLUTES &amp; ABS</b> NICOLE CLASSROOM D		7-8P <b>ZUMBA®</b> TIFFANY T&S	
	6-7P <b>NO NONSENSE, LOW IMPACT</b> CARRIE CLASSROOM D		7:15-8:15P <b>CONTINUING T'AI CHI</b> JIM FAC	
	6:45-7:45P <b>MOVIN' &amp; LOSIN' FAMILIES</b> HEIDI/TANYA T&S		8:30-9:45P <b>CORRECTIONS T'AI CHI</b> JIM FAC	
	6:15-7:15P <b>MOVIN' &amp; LOSIN' FAMILIES</b> ALYSSA RLAC			

# CLASS DESCRIPTIONS

## GROUP EXERCISE CLASSES

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

**ABSOLUTE ARMS**—Join the class that focuses solely on the arms. This strength-only class will increase your range of motion as well as tighten and tone your arms in ways you can only imagine!

**AQUA ZUMBA®**—This 45-minute class is a challenging 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 designed 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 using weights, floor mats, and other pieces of equipment.

**CORE CONCENTRATION**—Great beginner class that strengthens the five layers of the abdominal and back muscles for the centering support we all need.

**FORM & FUNCTION**—A great beginner class that teaches proper strength positioning and techniques.

**GLUTES & ABS**—A fun and challenging way to tone and tighten your glutes and core.

**GROUP STRENGTH**—A total body conditioning class that teaches how to build lean muscle in all of the major muscle groups!

**BOOT CAMP**—This progressive one-hour class focuses on the whole body. Using equipment and bodyweight exercises, this class tones muscles and incorporates intermittent cardio intervals.

**HARDCORE BOOT CAMP**—The name is your goal! Challenging exercises that will increase your strength, endurance, and flexibility.

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

**KICKBOX CROSS**—Cardio-based kickboxing that incorporates total body strengthening. Come challenge your core with a new and exciting format that is fun, quick, and effective. \*Wednesday's class is only 30 minutes and a great place to begin.

**KICK-STEP-BOX**—Powerful routines that integrate kickboxing and step. Burn calories while increasing muscle definition during this cardio-based class that accommodates all fitness levels.

**MOVIN' & LOSIN' ADULTS**—A 12-week lifestyle modification program designed to educate and help participants reach goals through physical activity and education.

**MOVIN' & LOSIN' FAMILIES**—A 8-10-week fitness and weight management program designed for families with children ages 6 to 16 who are looking to incorporate healthy habits into their lives. Fitness activities and nutrition guidance are covered each week.

**NO NONSENSE, LOW IMPACT**—A full hour of low impact yet high energy strength training and basic calisthenics. Easy-to-follow and easy on the joints.

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

**TABATA INTERVAL TRAINING**—INTERVAL TRAINING THAT INCORPORATES BOTH cardio and strength, to accommodate 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 exercises.

## BODY, MIND, & SPIRIT CLASSES

**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 all ages and physical conditions with no special equipment required.

**CONTINUING T'AI CHI**—Participants must have completed Basic T'ai Chi or other beginning T'ai Chi class prior to this more advanced version of Fort HealthCare's T'ai Chi classes.

**CORRECTIONS T'AI CHI**—Participants must have completed Basic T'ai Chi or a beginning T'ai Chi class prior to this more advanced version of Fort HealthCare's T'ai Chi classes.

**MEDITATION & BREATHING TECHNIQUES**—Learn meditation and breathing techniques to calm the mind and loosen tension in the body.

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

**FOR MORE INFORMATION AND TO REGISTER:**

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

**NOTE: SESSION DATES & TIMES VARY. PLEASE CALL OR GO ONLINE FOR FULL SCHEDULE.**

**FORTHEALTHCARE.COM/CLASSES**

