

FORT HEALTHCARE GROUP FITNESS SCHEDULE

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

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 1-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—An 8- to 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 moves that 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.

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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

