

# FORT HEALTHCARE GROUP FITNESS SCHEDULE

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<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>11:30-12P</b> <b>ABSOLUTE ARMS</b> NICOLE CLASSROOM D
<b>11:30A-12P</b> <b>CORE CONCENTRATION</b> NICOLE CLASSROOM D	<b>11:30A-12P</b> <b>BELOW THE BELT</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 T&S	<b>12:15-12:45P</b> <b>TABATA INTERVAL TRAINING</b> NICOLE CLASSROOM D
<b>12:15-12:45P</b> <b>FORM &amp; FUNCTION</b> NICOLE CLASSROOM D	<b>12:15-12:45P</b> <b>ABOVE THE BELT</b> NICOLE CLASSROOM D	<b>4:50-5:20P</b> <b>KICKBOX CROSS</b> NICOLE CLASSROOM D		
<b>4-5P</b> <b>TABATA INTERVAL TRAINING</b> NICOLE CLASSROOM D	<b>4-5P</b> <b>KICK-STEP-BOX</b> NICOLE CLASSROOM D	<b>5-6P</b> <b>BODY BLAST</b> TIFFANY CLASSROOM D		
<b>5-6P</b> <b>YOGA</b> CARRIE CLASSROOM A	<b>5:15P-6P</b> <b>YOGA</b> CARRIE CLASSROOM A	<b>5:30-6:30P</b> <b>MOVIN' &amp; LOSIN' ADULTS</b> TIFFANY CARDIAC REHAB		<u><b>CLASS LOCATIONS</b></u>  <b>Classroom A:</b> Hospital Ground Floor, 611 Sherman Ave. E., Fort Atkinson
<b>5:15-6:15P</b> <b>HARDCORE BOOT CAMP</b> NICOLE CLASSROOM D	<b>4:45P-5:30P</b> <b>AQUA ZUMBA®</b> TIFFANY MS	<b>6:15-6:45P</b> <b>GLUTES &amp; ABS</b> TIFFANY CLASSROOM D		<b>Classroom D:</b> Hospital Ground Floor, 611 Sherman Ave. E., Fort Atkinson
<b>5:30-6:30P</b> <b>MOVIN' &amp; LOSIN' ADULTS</b> TIFFANY CLASSROOM CR	<b>5:15-5:45P</b> <b>GLUTES &amp; ABS</b> NICOLE CLASSROOM D	<b>6:50-7:20P</b> <b>ABSOLUTE ARMS</b> TIFFANY CLASSROOM D		<b>T&amp;S:</b> Therapy & Sport Clinic, 1504 Madison Ave., Fort Atkinson
<b>6:30-7:30P</b> <b>MOVIN' &amp; LOSIN' FAMILIES 1</b> T&S	<b>6:15P-7:15P</b> <b>NO NONSENSE, LOW IMPACT</b> CARRIE CLASSROOM D			<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>6:30-7:30P</b> <b>MOVIN' &amp; LOSIN' FAMILIES 2</b> HEIDI/TANYA T&S			<b>Cardiac Rehab:</b> Hospital First Floor, 611 Sherman Ave. E., Fort Atkinson
	<b>6:15-7:15P</b> <b>MOVIN' &amp; LOSIN' FAMILIES</b> ALYSSA RLAC			<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

# 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

**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.