

# 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	Tabata Infused Boot Camp	Nicole	D
5-6p	Beginning Yoga	Carrie	A
5:15-6:15p	Hardcore 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

## Tuesday

5:30a-6:30a	Group Strength	Stephanie	D
10a-11a	Healthy Steps	Anne	Rehab
11:30a-12p	Butts & Guts	Nicole	D
12:15p-12:45p	Above the Belt	Nicole	D
4:00p-5:00p	Kick-Step-Box	Nicole	D
4:45p-5:45p	Beginning Yoga	Carrie	A
5:00p-5:45p	Aqua Zumba	Tiffany	MS
5:15p-5:45p	Butts & Guts	Nicole	D
6p-7p	No-Nonsense, Low-Impact	Carrie	D
6:45p-7:45p	Movin' and Losin'Fort	Heidi/Tanya	T&S
6:15p-7:15p	Movin' and Losin' LM	Alyssa	RLAC

## Wednesday

6:00a-6:30a	Insanity	Stephanie	D
12p-12:45p	Noon Beginning Yoga	Carrie	D
3:45p-4:45p	Step & Sculpt	Nicole	D
4:50p-5:20p	Kick & Crunch	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
6:50p-7:20p	Skinny Arms	Tiffany	D

### To register for classes or for more information:

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

## Thursday

5:30a-6:30a	Group Strength	Stephanie	D
10a-11a	Healthy Steps	Anne	Rehab
11:30a-12p	Core Concentration	Nicole	D
12:15p-12:45p	Below the Belt	Nicole	D
4p-5p	Hardbody Boot Camp	Nicole	D
5:15p-6:15p	Kickbox Cross	Nicole	D
6p-7p	Basic Tai Chi	Jim	FAC
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	Tabata Burn	Nicole	D

### Instructors

#### Anne

Jan 5-Feb 23

Mar 1-Apr 7

#### Carrie

Dec 7-Feb 3

Feb 22-April 20

#### Nicole

Dec 28-Feb 5

Heidi/Alyssa

Jan 19-Mar 22

#### Jim

Nov 12-Jan 21

#### Stephanie

Dec 28-Feb 18

#### Tiffany

Movin' and Losin' Nov 16-Feb 3

Zumba Jan 7-Feb 11/Feb 25-March 31

Aqua Zumba Jan 5-Feb 9/Feb 23-March 29

Wednesday Classes Dec 2-Jan 6/Jan 20-Feb 27

**Green:** Easy level

**Yellow:** Intermediate level

**Red:** Hard level

**Blue:** Kid-friendly

For more information or clarification, visit

### 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)

RLAC: Rock Lake Activity Center (229 Fremont St. Lake Mills)

All classes offer the ability to modify to all fitness levels

## Fitness

**Above the Belt** Head to the hips will be a HIT! Gain flexion, range of motion and strength.

**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.

**Below the Belt** Anything goes below the belt! Strength and Flexibility will be the focused gain in this class.

**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 and increasing strength.

**Butts & Guts** A fun and challenging way to strengthen and use your core and posterior!

**Core Concentration** Great beginner class to strengthen the 5 layers of abdominal muscles and back for the centering support that we need!

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

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

**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!

**Hardbody Boot Camp** This intense one-hour class focuses on the full body. Using equipment and body weight exercises, this class focuses on toning muscle with intermittent cardio intervals.

**Hardcore Boot Camp** The name is your goal! Challenging exercises that will increase your strength, endurance and flexibility.

**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 cardio-based total body workout that provides a wide variety of modifications. Are you ready to get insane?!

**Kick & Crunch** Kickboxing and core workout. Burn off the after work stress in this 30 minute class.

**Kick-Step-Box** Powerful fusion that integrates kickboxing and step. Burn calories and increase muscle definition

**Kickbox Cross** Athletic kickboxing with intervals of cardio. You can expect to gain flexibility, strength and balance.

**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.

**Skinny Arms Express** 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.

**Step & Sculpt** Step Patterns mixed with strengthening moves. Get your heart rate elevated as your strengthen the body.

**Tabata Burn** Strength and cardio interval blast in 30 minutes. Your choice if you want to leave sweaty or not.

**Tabata Infused Boot Camp** Interval training in various strength and/or cardio protocols.

**Zumba®** 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.

## 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.