

# 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>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>6:30P-7:30P</b> <b>GET 'N' FIT FITNESS</b> MULTIPLE T&S	<b>12P-1P</b> <b>GET 'N' FIT FITNESS</b> STEPHANIE WW	<b>5-6P</b> <b>BODY BLAST</b> TIFFANY CLASSROOM D	<b>12P-1P</b> <b>GET 'N' FIT FITNESS</b> STEPHANIE WW	
	<b>1:30P-2:30P</b> <b>MILD MOTION</b> KIM CLASSROOM D	<b>6:15-6:45P</b> <b>GLUTES &amp; ABS</b> TIFFANY CLASSROOM D	<b>1:30P-2:30P</b> <b>MILD MOTION</b> KIM CLASSROOM D	
	<b>3P-4P</b> <b>GET 'N' FIT FITNESS</b> STEPHANIE WW	<b>6:30P-7:30P</b> <b>GET 'N' FIT FITNESS</b> T&S	<b>6:50P-7:35P</b> <b>ZUMBA</b> TIFFANY T&S	
	<b>5:00P-6P</b> <b>YOGA</b> CARRIE CLASSROOM D	<b>6:50-7:20P</b> <b>ABSOLUTE ARMS</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>WW:</b> Therapy and Sports Center- 229 Fremont St. Lake Mills
	<b>5:15P-6:00P</b> <b>AQUA ZUMBA</b> TIFFANY MS			
	<b>6:15P-7:15P</b> <b>NO-NONSENSE, LOW-IMPACT</b> CARRIE CLASSROOM D			
<b>TO REGISTER FOR CLASSES:</b> CALL 920-568-5475 OR VISIT <a href="http://FORTHEALTHCARE.COM/CLASSES">FORTHEALTHCARE.COM/CLASSES</a>				



## CLASS DESCRIPTIONS

**ABSOLUTE ARMS-** Join the class that only focuses on your arms! This class will help to improve your range of motion, in addition to tightening, and toning your arms.

**AQUA ZUMBA-** This 45 minute class is a water-based workout that is disguised as a dance party! The class integrates the Zumba formula into traditional aqua fitness. Come enjoy Zumba in the pool!

**BODY BLAST-** Enjoy a total-body workout that incorporates walking to warm up, and different circuits and workouts that incorporate strength-training, cardio, and core work. All equipment is provided by the hospital.

**GLUTES & ABS-** a fun and challenging way to tone and tighten these hard to target areas.

**GET 'N FIT FITNESS-** Get 'N Fit is a great class for those interested in starting an exercise program. Weekly workouts are always something different, but include cardiovascular and strengthening exercises.

**HEALTHY STEPS-** The Healthy-Steps program improves overall wellness, range-of-motion, balance, strength, and endurance in addition to emotional well-being and self-image.

**NO NONSENSE, LOW IMPACT WORKOUT-** Be prepared to sweat and burn calories with 30 minutes of aerobics followed by 30 minutes of strength training. Moves are easy to follow and easy on the joints.

**MILD MOTION-** This low-impact, gentle exercise class features different movements and stretching to maintain joint flexibility. Refreshments and time for socializing are part of the class as well.

**ZUMBA-** This dance 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.