

FORT HEALTHCARE GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
9:45-10:45A YOGA CARRIE CLASSROOM D	10-11A HEALTHY STEPS ANNE REHAB	12-12:45P YOGA CARRIE CLASSROOM D	10-11A HEALTHY STEPS ANNE REHAB	
6:30P-7:30P GET 'N' FIT FITNESS MULTIPLE T&S	12P-1P GET 'N' FIT FITNESS STEPHANIE WW	5-6P BODY BLAST TIFFANY CLASSROOM D	12P-1P GET 'N' FIT FITNESS STEPHANIE WW	
	1:30P-2:30P MILD MOTION KIM CLASSROOM D	6:15-6:45P GLUTES & ABS TIFFANY CLASSROOM D	1:30P-2:30P MILD MOTION KIM CLASSROOM D	
	3P-4P GET 'N' FIT FITNESS STEPHANIE WW	6:30P-7:30P GET 'N' FIT FITNESS T&S	6:50P-7:35P ZUMBA TIFFANY T&S	
	5:00P-6P YOGA CARRIE CLASSROOM D	6:50-7:20P ABSOLUTE ARMS TIFFANY CLASSROOM D		CLASS LOCATIONS: Classroom A:- 611 Sherman Ave. E. Ground Floor Classroom D: 611 Sherman Ave. E. Ground Floor CIR: Cardiac Rehab-611 Sherman Ave. E. First Floor T&S: Therapy & Sport- 1504 Madison Ave. MS: Middle School- 310 S. Fourth St. E. WW: Therapy and Sports Center- 229 Fremont St. Lake Mills
	4:30P-5:15P AQUA ZUMBA TIFFANY MS			
	6:15P-7:15P NO-NONSENSE, LOW-IMPACT CARRIE CLASSROOM D			
TO REGISTER FOR CLASSES: CALL 920-568-5475 OR VISIT FORTHEALTHCARE.COM/CLASSES				



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.