

Employee Health Fitness Activity classes listed in this table are held in Building MO307 **NEW
Fall 2009 Schedule - Begins August 24th, 2009**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
T/TH 6:30-7:15am Wed CLASS NEW Time 6:45-7:30am		Sculpt and Strengthen Amy 6:30 – 7:15	NEW CLASS Cardio Circuit NEW Time 6:45am-7:30am Lisa	Sculpt and Strengthen Callie 6:30 – 7:15	
11:00am-11:30am	Beginning Intermediate Lunch Crunch Jenn		Beginning Intermediate Lunch Crunch Betzi		
11:15am-12:00pm		Pilates Amy		Pilates Kayleen	Sculpt and Strengthen Amy
11:40am-12:10pm	30 Minute Muscle Jenn		Hoop to the Core Amy		
12:15pm-1:00pm	Yoga Amy	Sculpt and Strengthen Janette	Yoga Amy	Sculpt and Strengthen Cathie	Yoga Amy
4:30pm-5:00pm		30 Min. Cardio Circuit Betzi/Jenny		30 Min. Cardio Circuit Jenny	
5:00pm-5:45pm	Step Mix Margie/Lisa	Start Time 5:05 Yoga Betzi/Jenny	Sports Conditioning Margie/Mack	Start Time 5:05 Yoga Jenny	

The HBE Preventive Health Program has a staff of certified exercise professionals who offer a variety of group fitness activity classes.

Participation requirements:

1. Completion of the [Online Services, Health Risk Assessment questionnaire](#)
2. Completion of the [Physical Activity Readiness Questionnaire \(PAR-Q Form\)](#)

All group fitness activity classes are held in the HBE Employee Health Fitness Room in MO 307. Bring your workout clothes and shoes. MO 307 has showers and a place to change. **No enrollment is necessary.**

30 Minute Muscle

A 30 minute muscle session designed to challenge and confuse muscles to build strength, endurance and lean body mass. This class may offer some aerobic benefits, but is not designed with a cardio-vascular format. This intense 30 minute muscle session is primarily resistance training and can be modified for all fitness levels.

Yoga (Hatha Yoga)

Hatha Yoga is a comprehensive method of yoga that leads to harmony of body, breath and mind, achieved through stretching, breath awareness, and relaxation. Our beginning yoga course introduces individuals to the principles of Hatha. Workout attire is recommended, and a personal yoga mat is optional but recommended.

Hoop to the Core

Hula Hooping is a Low-to-No Impact effective aerobic activity focusing on waist trimming, core defining, fluid movement. Additional benefits of hooping include development of core strength, balance, coordination and flexibility.

Lunch Crunch / 30 Minute Cardio Circuit

A 30 minute super circuit class involving varying intensities. This quicker paced 30 minute workout yields the muscular performance and cardio-vascular benefits of a 45 minute session in just 30 minutes. Participants will use weights, tubes, balls, and steps. These classes can be modified for varying levels. The Cardio Circuit class emphasizes aerobic training.

Pilates

Pilates is a mind/body form of exercise that focuses on the body's core, (abdominals, lower back, and pelvic floor muscles). The essence of Pilates is using the mind to master the core muscles and learning to originate all movement from our body's core. Pilates is yoga based, and assists in reducing physical and mental stress, while improving quality of movement, enhancing posture, improving core strength, reducing low back pain, and increasing muscle flexibility. This class is appropriate for all fitness levels.

Sculpt and Strengthen

Practice safe, effective, strength and flexibility exercises for the upper and lower body, abdominal and back muscles, using hand weights, resistance bands and basic calisthenics. Appropriate modifications for beginners are also demonstrated.

Sports Conditioning

Stay in great condition! A 45 minute super circuit class involving varying intensities. This fast paced 45 minute workout yields both muscular performance and cardio-vascular benefits. The session includes aerobic training, muscular strength and endurance training, plus abdominal/core training. Participants will use weights, tubes, balls, mats and steps. The class is geared for beginners, intermediate, and advanced level participants.

Step Mix

Get a fantastic workout using the step and various fitness equipment to challenge your cardiovascular system while toning and strengthening major muscle groups in the body. All moves can be modified for differing levels of fitness.