

ProHealth Fitness Center Group Exercise Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday
5:10a.m.	Spin (A) Kourtney		Spin (A) Kourtney		Spin (A) Kourtney
6:00a.m.	Total Body Conditioning (B) Jaleigha		Total Body Conditioning (A) Jaleigha		Total Body Conditioning (A) Jaleigha
7:00am	30 minute STRETCH (B) Nicole		30 minute STRETCH (B) Nicole		
7:30a.m.		Spin (A) John		Spin (A) John	
9:00a.m.	Body Sculpting (B) Nicole Aqua Sculpting (T) Jaleigha		Body Sculpting (B) Nicole Aqua Sculpting (T) Jaleigha		Body Sculpting (B) Nicole Aqua Sculpting (T) Jaleigha
10:00a.m.	Barre Conditioning (A) Kourtney	Stretch (A) Nicole	Stretch (A) Nicole	Stretch (A) Nicole	Barre Conditioning (A) Kourtney
11:00a.m.	Aqua Aerobics (F) Nicole	Body Recall (A) Nicole	Aqua Aerobics (F) Nicole	Body Recall (A) Nicole	Aqua Aerobics (F) Nicole
12noon	Spin (A) Kourtney	Bootcamp(B) Emily	Cycle Fusion (A) Emily	Bootcamp (B) Emily	
4:30p.m.		Circuit Training (B) KlaRissa		Circuit Training (B) KlaRissa	
5:00p.m.	30 minute Core (B) KlaRissa		30 minute Core (B) KlaRissa		
5:30p.m.	H.I.I.T. Landon & Emily Aqua Aerobics (F) KlaRissa	Yoga (A) Nicole	H.I.I.T. Landon & Emily Power Yoga/ wNicole Aqua Aerobics (F) KlaRissa	Yoga (A) Nicole	A = Studio A B = Studio B T = Therapy pool F = Fitness pool

CLASS DESCRIPTIONS

POOL CLASSES

- **Aqua Aerobics** – Low impact cardio, resistance training and stretching in the shallow end of the pool.
- **Aqua Sculpting** – Resistance training, using aqua bells or just resistance of the water in the therapy pool.

FLOOR CLASSES

- **Barré Conditioning** – A total body conditioning technique using a combination of stretching the ballet barré, tubing and additional equipment.
- **Body Recall** – Flexibility, strength and balance training for Seniors and those recovering from a stroke.
- **Body Sculpting** – A full body workout using a variety of equipment, dumbbells, medicine balls, BOSUs and tubing.
- **30 minute CORE** – a low impact workout focused on abdominals and glutes.(30 minutes)
- **H.I.I.T.** – A high intensity cardiovascular workout (running, jumping jacks, lunges, squats and ab work included)
- **Circuit Training** – workout performed with different stations or exercises at a high intensity with little to no rest between each station and exercise.
- **Spin** – Indoor cycling, suitable for intermediate to advanced fitness levels. Please arrive early for setup.
- **Stretch** – A gentle stretching class for all ages that improves flexibility and reduces stress.
- **Total Body Conditioning** – A total body cross training workout. Strength, Cardio and Flexibility.
- **Yoga** – Yoga is a mind and body practice. Various styles of yoga combine physical postures, breathing techniques and meditation or relaxation.
- **PowerYoga** - Power yoga is a fast-paced cardiovascular workout focused on building strength and flexibility in the body through high-impact yoga postures. Power yoga is designed specifically to improve muscle strength and cardiovascular endurance. The poses are challenging, and you move from one pose to the next quickly.

Classes require a minimum of 3 participants and all classes/instructors are subject to change.

ProHealth Hours of Operation

Monday – Thursday	5am-8pm
Friday	5am-7pm
Saturday	8am-2pm
Sunday	12pm-4pm



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