

MHHC Group Fitness Studio Calendar Aug 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|---|--|
| Studio 2 | | | | | | |
| | Cardio Drums 9-9:45am Lynsey | Bootcamp 6:15a-7am Jen | | Bootcamp 6:15-7am Jen | Step Plus 6:15-7am Jen | |
| Express Core 9:45am-10:15 Joy | *Fusion 45 (standing/mat) 10-10:45am Kim S. *see app | Beginner Tai Chi 9-9:45am Patti | Cardio Drums 9-9:45am Erin | Cardio Light 10-10:45am Patti | Intermediate Tai Chi 9-9:55am Patti | Step Plus 10-11am Patti |
| TBC 11am-11:45am Jen/JoAnn | *TBC 11-11:45am Kim S. *see app | Cardio Light 10-10:45am Patti | Step and Strength 10:15-11:15am Jillian | TBC 11:15-12pm Mike | Cardio Dance 10:15-11am Monica | Basic Step 11:10-11:55am Patti |
| Basic Strength & Balance 12-12:45pm Jen/JoAnn | Express Core 4:45-5:15pm Joy | Basic Strength & Balance 11:15-12pm Lara | | Basic Strength & Balance 12:30-1:15pm Monica | Basic Strength & Balance 11:15-12pm Monica | |
| | Full Body Circuit 5:30-6:15pm Sarah B. | | | Cardio Dance 5:30-6:15pm Monica | | |
| | Simply Strength 6:30-7:15pm Joy | Barre 5:30pm-6:15pm Erin | | TBC 6:30-7:15pm Jen | Cardio Dance Party 5:15-6pm Monica | |
| Mind and Body Studio | | | | | | |
| | Pilates (Hybrid) 8-8:45am Sarah B. | | Yoga Mix 6-7am Susan | Pilates Mix 9-9:45am Erin | Yoga Mix 8-9am Dori | Yoga Mix 10-10:45am Noelle |
| Fusion 11am-11:45am Kim | Yoga Mix 10:45-12pm DaVaun | Pilates Mix 10:15-11am Lara | *New Hybrid* Mobility (summer) 8am-8:45am Joy | Gentle Yoga 10:45-12pm DaVaun | Pilates Mix 10:15-11am Lara | |
| | Basic Yoga 1-2pm Abby | Gentle Yoga 1-2pm Abby | *New Hybrid* Pilates Mix 9am-9:45am Joy | Gentle Yoga 1-2pm Abby | | |
| | Pilates Mix 4:15-5pm Monica | Yoga Mix 5:30-6:15pm Noelle | Vinyasa Yoga 12:15-1:15pm DaVaun | Pilates Mix 4:15-5pm Monica | Yoga Mix 12:15-1:15pm Gwen | |
| | Yoga Mix 5:30-6:15pm Cindy | | Chair Yoga 4:30-5:15pm Gwen | | | |
| | | | Yoga Mix 5:30-6:30pm Gwen | | | |
| Cycle Studio | | | | | | |
| | Cycling 5:45-6:30am Beth | Cycling 5:45-6:30am Wendi | Cycling 5:45-6:30am Sarah | Cycling 5:45-6:30am Wendi | | |
| Cycling 8:30-9:30am Joy | Cycling 9:45-10:30am DaVaun | Speed Cycle-New 9:15-09:45am Lara | TeamBeats Cycle 11:15-12pm Wendi | Cycling 9:45-10:15am DaVaun | TeamBeats Cycle 11:15-12pm Joy | Cycling 8:30-9:15am Amanda/Noelle |
| | Cycle & Sculpt 12:15-1pm Lara | Cycling 5:45-6:30pm Grace | TeamBeats Cycle 5:30-6:15pm Kim | Cycle & Sculpt 12:15-1pm Lara | | |
| | TeamBeats Cycle 5:30-6:15pm Joy | | | | | *please check Technogym for most up-to-date information |

BEGINNER

BASIC STRENGTH & BALANCE—Learn basic strength training exercises using weights and bands. Some of the class is done seated in a chair or on a ball. Balance exercises are included to improve coordination and confidence.

BASIC/GENTLE YOGA – This gentle class will incorporate foundational poses with attention to alignment and breathing.

CHAIR YOGA – A gentle practice in which yoga is performed while seated and/or with the aid of a chair. It is also a great form of yoga for beginners or anyone who wants to focus on gentle practice.

TAI CHI (Beginner)- Learn the basic principles and fundamental movements of Tai Chi while improving balance, strength, flexibility, and mindfulness.

Mobility (summer series)- This class aims to keep the joints mobilized and healthy throughout range of motion. This is a standing and seated class. All levels are welcome and are currently offered during the summer months.

BEGINNER TO INTERMEDIATE

BASIC STEP – Straight forward, easy to follow Step combinations providing a great low impact aerobic workout!

BARRE –this low-impact ballet inspired workout will lengthen, strengthen and stretch all those hard-to-reach muscles. (no ballet experience needed). **Must be able to get up and down off the floor with ease.**

CARDIO DANCE LIGHT/DANCE PARTY –This energizing cardio class is set to fun music. It uses easy-to-follow dance moves and combines fast and slow rhythms to tone and strengthen your body.

CARDIO LIGHT –A fun, easy-to-follow low impact cardio class.

SIMPLY STRENGTH- Strength training with medium to heavy weights. This class will help improve balance, strength, core and more. All major muscles used to push your strength gains to new levels

TAI CHI (Intermediate)- Apply the principles and fundamental movements of Tai Chi to the series of movements called the Tai Chi 'Form'. Prior participation in Beginner Tai Chi recommended.

INTERMEDIATE TO ADVANCED

CARDIO DANCE – This class incorporates footwork and body movements from a wide variety of dances including hip-hop, Latin, ballet, bachata and jazz. Participants will groove to the beat as they move and have fun. Class will start off with a slower beat and then rev it up for a great workout.

EXPRESS CORE – This 30-minute class will challenge your abdominals, back and hips to strengthen your core. Stretching included.

TOTAL BODY CONDITIONING (TBC) – Challenge yourself in this high-energy, total body muscular strength and endurance class. A complete workout using risers, dumbbells and more!

STEP PLUS – Challenging step combinations provide a fun, high-energy workout. Some strength and core work may be included as intervals or at the end of class.

VINYASA YOGA– This class is moderate to faster paced, with instruction in alignment of the body and linking with the flow of breath. **Must be able to get up & down from the floor with ease and flow through poses.**

ALL LEVELS

CYCLING – Indoor cycling is a high intensity, low impact aerobic workout that is an individually paced group training class. If class is marked Teambeats -heartrate monitors are used during class. OPTIONAL

CYCLE & SCULPT – This class combines the cardiovascular benefits of cycling with toning exercises using a band & bodyweight.

FUSION 45- Fusion 45: This energizing class combines elements of Core and Strength to improve muscle tone and flexibility. **Must be able to get up and down off the floor with ease.**

PILATES MIX –Improve posture and increase muscular strength and endurance by doing Pilates exercises on the mat and using other props. **Must be able to get up & down from the floor with ease.**

STEP & STRENGTH & STRETCH– A combination class of intervals using the step for cardio and weights for strength training as well as stretching to improve flexibility.

YOGA MIX – This class is moderately paced, with instruction in alignment of the body and flow of breath. Learn range of standing, sitting, and balancing poses to connect the breath with movement through deep, full yogic breathing. **Must be able to get up & down from the floor with ease.**

CARDIO DRUMS- A full body, energetic drumming class that creates a mind-muscle connection that delivers fun and fitness. This class can be done seated or standing.