

MAY 2012 WELLNESS CALENDAR (954) 229-7950 WWW.HOLY-CROSS.COM/WELLNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-6:20AM – Boot Camp L2-L3 (Andrea)		6:00-6:50AM – Spinning® L2-3(Esther)	5:30-6:20AM – Boot Camp L2-L3 (Jennifer)	
	7:00-7:50A -Spinning® L2-3(Teriann)				
8:00-8:50AM - Power Fusion L2-L3 (Teriann)	8:00-8:50AM – Core Strength & Stretch L2-L3 (Teriann)	8:30-9:20AM –Total Body L2-3 (Gayle) 8:30-9:45AM - \$ Yoga Hatha L1-L3 (Kate)	8:00-8:50AM – Functional Strength L2-L3 (Teriann)	8:30-9:20 AM - \$ Pilates L1-3 (Andrea) 8:30-9:20 AM –Zumba (Liz) L1-2	8:00-9:20AM – Spinning® L2-L3 (Teriann)
9:00-9:50AM – Cardio & Strength L1-3 (Teriann/Patty)	9:00-9:50AM – Low Impact Aerobics L1-L3 (Patty)		9:00-9:50AM – Low Impact Aerobics L1-L3 (Patty)		
9:30-10:20AM – Zumba L1-L2 (Gayle)	9:30-10:20AM – Cardio & Strength L1-L2 (Teriann)		9:30-10:20AM –Cardio & Strength L1-L2 (Teriann)		9:30-11:00AM - \$ Yoga Hatha L2-L3 (Kate)
	10:30-11:15AM – SilverSneakers® MSROM L1 (Patty)		10:30-11:15AM – SilverSneakers® MSROM L1 (Patty)		11:30-12:45PM - \$ Living Well Yoga L1-2 (Susie)
	11:30-12:45PM - \$ Yoga Gentle-L1 (Sandy)				SUNDAY
1:15-2:00PM – SilverSneakers® MSROM L1 (Celeste)	12:15-1:00PM – Power Lunch ☺ L1-3 (Joe)		12:15-1:00PM – Power Lunch L1-3 ☺ (Joe)	12:00-12:50PM – SilverSneakers® MSROM L1 (Teriann)	10:00-10:50AM – \$Yogalates L2-L3 (Lee)
2:15-3:00PM – SilverSneakers® L2 Cardio (Celeste)	1:15-2:00PM – SilverSneakers® MSROM L1 (Celeste)	2:00-2:50PM – SilverSneakers® Yoga Stretch L1 (Kate)	1:15-2:00PM – SilverSneakers® MSROM L1 (Celeste)	1:00-1:50PM – SilverSneakers® Yoga Stretch L1 (Julie)	
3:00-3:50PM – SilverSneakers® Yoga Stretch L1 (Tamara)	2:15-3:00PM – SilverSneakers® Cardio L2 (Celeste) 4:00-4:50PM Strictly Strength L1-3 (Julie)		2:15-3:00PM – SilverSneakers® Cardio L2 (Celeste) 4:00-4:50PM – Total Body Conditioning L1-3 (Julie)		
5:30-6:20PM – Zumba L2-L3 (Liz) 5:30-6:20PM –Spinning L2-L3 (Jennifer)		5:30-6:20PM – Zumba L2-L3 (Liz) 5:30-6:20PM –Triple Fit L1-L3 (Amanda)			
6:30-7:45PM - \$ Yoga Mind/Body –L1-3 (Sandy)	5:30-6:20PM - \$ Pilates L1-L3 (Andrea) 5:30-6:20PM - Latin Dance L1-L3 (Rick)		5:30-6:20PM - \$ Pilates L1-L3 (Andrea) 5:30-6:20PM – Cardio Sculpt Express L1-L3 (Patty)		

\$5 members /\$10 non-members
Coupon Books of 10:
\$35 members
\$80 non-members
\$\$ Special Package
 ☺ Free for HCH Associates

CLASS INTENSITY GUIDE
L1 (Level 1) – Beginner Class
L2 (Level 2) – Intermediate Class
L3 (Level 3) – Advanced Class

CARDIO/STRENGTH

- Boot Camp- A high energy, total body workout that develops the core, builds strength & cardiovascular endurance.
- Cardio & Strength - Maintain your cardiovascular endurance & learn how to use various equipment to increase muscle strength.
- Power Fusion-An intense circuit class utilizing various equipment to sculpt and strengthen your body
- Silver Sneakers® Cardio Circuit-Combine fun and fitness to increase your cardiovascular & muscular endurance with a standing circuit workout.
- Silver Sneakers® MSROM (Muscular Strength & Range of Motion)-Move to music through a variety of exercises designed to increase strength, range of movement and activities of daily living skills. A chair is used for seated and/or standing support.
- Spinning®-A high intensity workout designed to challenge the most experienced, but easily modified for beginners. New students should arrive 10 minutes prior to the start of class for bike set up and brief orientation. Prior experience recommended for Saturday class.
- Total Body Conditioning-A complete cardio & strength workout using steps, bosus, weights, bands & stability balls.
- Cardio Sculpt – An energetic class for all levels that combines cardio training & muscle toning for a total body workout..
- Triple Fit-A perfect mix of cardio intervals followed by full body sculpting & toning using your own body weight & various equipment.

DANCE AEROBICS

- Low Impact Aerobics-Enjoy fun and easy to follow classic aerobics and simple dance steps while getting fit
- Zumba/Zumba Toning-A vibrant atmosphere created by combining Latin rhythms and easy to follow dance moves.
- Latin Dance-Dance to Salsa, Latin & Middle Eastern rhythms while getting a great cardiovascular workout. No partner necessary.

STRENGTH/SCULPTING

- Core Strength & Stretch- Sculpt, strengthen & stretch the muscles from your hips to your head .
- Functional Strength-Develop all of the muscles of the body using various equipment to build better muscle balance
- Power Lunch- In less than an hour you will get a concentrated upper body workout using free weights
- Strictly Strength-A full body sculpting and toning class using your own body weight, free weights and other equipment

TAI CHI/PILATES/YOGA

- Yoga (Hatha)-Increase your strength & balance utilizing traditional flowing poses including standing & restorative for relaxation. Prior yoga experience recommended for L2-3(Sat)
- Yoga (Living Well)- Suited for those who need a gentle, yet effective class that includes restorative postures to help release stress due to injury, illness or daily aches & pains.
- Yoga (Mind/Body) - Practice yoga postures with gentle movements, breathing techniques and mindful awareness
- Yoga (Gentle Mind/Body) - This class is especially suited for those with limited physical abilities.
- Yoga Stretch (Silver Sneakers®)-Enjoy the benefits of yoga while seated in a chair. This class is open to everyone and offers greater comfort and support for those who are uncomfortable on the floor
- Yogalates-A combination of yoga & Pilates to help strengthen the core & create flexibility through traditional yoga poses. Prior yoga & pilates experience recommended.
- Mat Pilates-A low impact regimen of exercises to strengthen the posture and core muscles and improve agility.
- Tai Chi-Learn this ancient art using gentle, flowing movements to reduce stress & improve your health & balance.