



Fitness Program Schedule January & February 2018

HCPF CrossFit & Tactical Strength/Conditioning

Open only to sworn personnel in Police, Fire, and Sheriff

CrossFit - A core strength and conditioning program designed to elicit broad adaptations through constantly varied, high-intensity, functional movements (<https://henricocrossfit.wordpress.com/about/>).

Tactical Strength/Conditioning - A job performance specific fitness program designed to improve full body power, strength and endurance by performing tactical movements that mimic job specific tasks (<https://henricotactical.wordpress.com/about/>).

Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:15am - Joey Tactical Strength and Conditioning Jan. 29 Outside, weather permitting		7:30-8:15am - Joey Tactical Strength and Conditioning Jan. 24, 31 & Feb. 7 Outside, weather permitting		7:30-8:15am - Joey Tactical Strength and Conditioning Feb. 9 Outside, weather permitting
8:00-9:00am - Joshua Fire Recruit Academy P.T.		8:00-9:00am - Joshua Fire Recruit Academy P.T.		8:00-9:00am - Joshua Fire Recruit Academy P.T.
9:00-10:00am - Joshua HCPF CrossFit Jan. 29 Outside, weather permitting		9:00-10:00am - Joshua HCPF CrossFit Jan. 17, 24, 31 & Feb. 7, 14 Outside, weather permitting		9:00-10:00am - Joshua HCPF CrossFit Feb. 2 & 9 Outside, weather permitting
3:00-4:30pm Police Recruit Academy PT Jan. 8 & 22 3:30-4:30pm Fire Recruit Academy P.T. Feb. 5 & 12	3:00-4:30pm Police Recruit Academy PT Jan. 9 & Feb. 20 Outside, weather permitting Jan. 16 (Gym)		3:00-4:30pm Police Recruit Academy PT Jan. 18, 25 & Feb. 22	3:00-4:30pm - Joshua Police Recruit Academy P.T. Jan. 5, 12 & 26
3:30-4:30pm - Joshua Tactical Strength and Conditioning Jan. 29 Outside, weather permitting	3:30-4:30pm - Joshua HCPF CrossFit Jan. 30 & Feb. 6 Outside, weather permitting	3:30-4:30pm - Joshua Tactical Strength and Conditioning Jan. 17, 24, 31 & Feb. 7, 14 Outside, weather permitting	3:30-4:30pm - Joshua HCPF CrossFit Feb. 1 Outside, weather permitting	

NOTICE:
County Holiday: Jan. 1 & 15 and Feb. 19 No HealthTrip Fitness Programs Scheduled
Tactical Strength & Conditioning: (7:30-8:15am) Feb. 2 & 5 Cancelled

Fit Plus Fitness Training

Small group fitness training for HealthTrip members allows for personal attention between you and the fitness trainer. These sessions provide great instruction within a small group (Max 15) allowing participants to encourage one another to work hard and reach fitness goals.

Monday	Tuesday	Wednesday	Thursday	Friday
9:30-10:30am Ayse	9:00-10:00am Ayse	9:30-10:30am Ayse	9:00-10:00am Ayse	10:30-11:30am Ayse
12:00-12:45pm Ayse	12:00-12:45pm Liz	12:00-12:45pm Ayse	12:00-12:45pm Ayse	11:30-12:30pm Ayse
12:30-1:15pm Joshua	12:30-1:15pm Joshua	12:30-1:15pm Joshua	4:00-5:00pm Ayse	NOTICE: County Holiday: Jan. 1 & 15 and Feb. 19 No HealthTrip Fitness Programs Scheduled Fit Plus: (4:15-5:15pm) Feb. 5 Cancelled
4:15-5:15pm Joey	4:00-5:00pm Ayse	5:00-6:00pm Ayse	5:00-6:00pm Ayse	

Group Exercise

(See class descriptions on next page)

Monday	Tuesday	Wednesday	Thursday	Friday
11:30am-12:15pm Zumba® All Fitness Levels Maria	6:30-7:15am Foundations Beginner Joey	11:30am-12:15pm Foundations Beginner Joey	11:30am-12:15pm H.I.I.T. Intermediate Joshua	6:30-7:15am Total Strength All Fitness levels Ayse
4:45-5:45pm Circuit Training Advanced Ayse	11:30am-12:15pm Body Attack! Intermediate Ayse	4:30-5:00pm Fitness Orientation Fitness Staff Henrico County Training Center, office #2027	12:30-1:15pm Zumba® All Fitness Levels Jiralda	11:45am-12:30pm Restorative Yoga All Fitness Levels Sarah
5:00-6:00pm Pilates® All Fitness Levels Debbie	4:45-5:30pm Foundations Beginner Joshua	4:45-5:45pm Boot Camp Intermediate Joshua	4:45-5:45pm Step N Core Aerobics All Fitness Levels Pamela	12:30-1:15pm Mobility & MetCon Intermediate Joey
6:15-7:00pm Gentle Yoga All Fitness Levels Javonne	5:00-6:30pm Run Fit Meet at Henrico County Training Center Ayse	6:15-7:15pm Zumba® All Fitness Levels Maria		
	5:15-6:00pm Walk Fit Meet at Hermitage High School Track Ayse	NOTICE: County Holiday: Jan. 1 & 15 and Feb. 19 No HealthTrip Fitness Programs Scheduled Foundation: (4:45-5:30pm) Jan. 9 & Feb. 20 (hallway) H.I.I.T.: (11:30am-12:15pm) Feb. 1 outside, weather permitting Zumba: (12:30pm) Jan. 4 & Zumba (11:30am) Jan. 8 Cancelled		

Participation in HEALTHTRIP'S fitness programming is voluntary. General Government and HCPS employees who elect to participate do so on their own time. All employees are responsible for discussing use of leave time (annual or compensatory) or flex time with their supervisor prior to participating in a HEALTHTRIP fitness program. Divisions of Fire and Police have separate policies for sworn personnel. Please clarify such policies with your Division's Personnel Office.

All Classes are held at the Henrico County Training Center 7701 E. Parham Road, Henrico, VA 23273-0775

Employee Portal (<http://employees.henrico.us/>) → Employment Category → My HealthTrip → Fitness Programming

Group Exercise Class Descriptions

January & February 2018

Beginner Level:

- **Foundations:** A “where do I start?” class for beginners. With a focus on functional movements this class will progress each week by building upon the movements learned the prior week. A wonderful introduction to strength and cardio training, and a good way to work on the basics.

All Fitness Levels:

- **Gentle Yoga:** Gentle Yoga is open to all levels of practice and abilities. A great class for beginners or those searching for the therapeutic benefits of yoga. The class is practiced with a focus on the basics of alignment with emphasis on the connection of breath and movement, relaxation, balance, strength, and stretch. This class is designed to accommodate each student in his/her pose through modification or the use of props.
- **Zumba®:** A dance based workout, combining all elements of fitness; cardio, muscle conditioning, balance and flexibility using Latin and International rhythms and moves. All fitness levels. No dance experience necessary.
- **Pilates®:** Pilates is a system of controlled exercises that engage the mind and condition the total body. Suitable for all levels of fitness, the blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity.
- **Restorative Yoga:** A class appropriate for all seeking the benefits of a very relaxing, gentle, and nourishing practice. The combination of gentle and restorative yoga work improves range of motion and joint mobility while reducing pain and the effects of stress. Restorative yoga utilizes long, passive holds to allow the muscles to fully relax, the brain to quiet, and the spirit to experience peace and restoration. This class is for all levels, including those new to yoga or recovering from injury or illness. If convenient, bring a blanket, throw or spare pillow to further support your practice.
- **Walk & Run Fit:** Training takes place at Hermitage High School. Do you want to prepare to walk, walk/jog or run a 5K, the Monument Avenue 10K, Half Marathon or Marathon? Have you been sitting on the couch looking for something to "jump-start" your fitness? Are you a walker that wants to become a runner or improve your time? Do you want to get fit, would you like to feel better, have more energy, decrease your health risks, and live longer? Walking and running are proven to do these things and more. Bring water and a good pair of walking or running shoes. Walking Group meets at Hermitage High School Track at 5:15pm. Running Group leaves from the Training Center at 5:00pm. ***(In the event of inclement weather both groups meet at the Training Center gym.)***
- **Step N Core Aerobics:** Using the step bench, this low impact class uses cardio work to produce an easy to learn and effective workout. The benefits of step aerobics are proven to strengthen and tone all muscle groups and improve coordination. Have fun listening to music and bringing your cardiovascular workout to new heights with the added benefit of a great core muscle workout!
- **Total Strength:** This class is designed to target all major muscle groups, head to toe by utilizing equipment including dumbbells, resistance bands, barbells, body bars and more!
- **Zumba®:** Coined “fitness-parties,” Zumba® classes blend upbeat world rhythms with easy-to-follow choreography providing an effective, total-body workout.

Intermediate Level:

- **Body Attack:** A fat burning high intensity interval training style workout. Focus is on full body fitness including cardio and muscular endurance, strength, agility, balance and flexibility. This class is great for all ages who want to become more physically fit.
- **Boot Camp:** It is time to get reconditioned, so jump start your New Year with a mix of calisthenics, cardio and strength! Every class contains a full body warm-up, a high-intensity full body workout, and ends with a full-body stretch. See your overall fitness improve in just 8 weeks!
- **High Intensity Interval Training (H.I.I.T.):** High Intensity Interval Training is a simple training method that utilizes short, intense burst of motion followed by short recovery or rest periods. While this sounds simple enough, studies show that HIIT can have a huge impact on your training results and athletic performance, even if you’re not a professional athlete.
- **Mobility & MetCon:** Metabolically demanding combination of strength training and aerobic work! Primary focus on full-body, multi-joint movements that will challenge every muscle while maintaining correct form and technique.

Advanced Level:

- **Circuit Training:** Challenge your cardio workouts and strength systems in this high energy, total body conditioning class. Circuit training is a total body challenge that is designed to combine resistance training and aerobics that will target strength building, and improve agility and muscular endurance through various stations.