



Fitness Program Schedule May & June 2018

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
	9:00-10:00am Ayse		9:00-10:00am Ayse	
9:30-10:30am Ayse		9:30-10:30am 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	11:30am-12:30pm Ayse
12:30-1:15pm Joshua	12:30-1:15pm Joshua	12:30-1:15pm Joshua		NOTICE: May 7 - 18 - Fit Plus: Cancelled with Ayse May 21 - Fit Plus: (12:30-1:15pm) Cancelled with Josh May 25 - Fit Plus: Cancelled with Ayse June 11, 12 & 13 - Fit Plus: (12:30-1:15pm) Cancelled with Josh
4:15-5:15pm Joey	4:00-5:00pm Ayse		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
	6:30-7:15am Foundations Beginner Joey			6:30-7:15am Body Attack! All Fitness levels Ayse
11:30am-12:15pm Zumba® All Fitness Levels Jiralda	11:30am-12:15pm Pump & Sculpt Intermediate Ayse	11:30am-12:15pm Foundations Beginner Joey	11:30am-12:15pm Kettlebell Strength & Conditioning Advanced Joshua	11:45am-12:30pm Restorative Yoga All Fitness Levels Romy & Kay
			12:30-1:15pm Zumba® All Fitness Levels Jiralda	12:30-1:15pm Mobility & MetCon Advanced Joey
		4:30-5:00pm Fitness Orientation Fitness Staff Henrico County Training Center, office #2027		
4:45-5:45pm H.I.I.T. Advanced Ayse	4:45-5:30pm Foundations Beginner Joshua	4:45-5:45pm Mini-Blocks Intermediate Joshua	4:45-5:45pm Step N Core Aerobics All Fitness Levels Pamela	
5:00-6:00pm Pilates® All Fitness Levels Debbie	5:00-6:30pm Run Fit Meet at the Henrico County Training Center Ayse		NOTICE: County Holiday: May 28 No HealthTrip Fitness Programs Scheduled May 3 - Kettlebell Strength & Conditioning: (11:30am-12:15pm) outside, weather permitting or elsewhere. May 8 - Foundations: (4:45-5:30pm) outside, weather permitting or elsewhere. May 7 & 14 - H.I.I.T.: (4:45-5:45pm) Cancelled May 8 & 15 - Walk & Run Fit: (5:00-6:30pm) Cancelled May 18 & 25 - Body Attack: (6:30am-7:15am) Cancelled May 18 - Mobility & MetCon: (12:30-1:15pm) Cancelled May 21 - Zumba: (11:30am-12:15pm) Cancelled May 25 - Mobility & MetCon: (12:30-1:15pm) outside, weather permitting or elsewhere. June 5 & 12 - Foundations: (4:45-5:30pm) outside, weather permitting or elsewhere. June 28 - Kettlebell Strength & Conditioning: (11:30am-12:15pm) outside, weather permitting or elsewhere.	
	5:00-6:00pm Walk Fit Meet at the Henrico County Training Center Ayse			
6:15-7:00pm Gentle Yoga All Fitness Levels Javonne		6:15-7:15pm Zumba® All Fitness Levels Jiralda		

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 → General Government & Schools Fitness

Group Exercise Class Descriptions

May & June 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:

- **Body Attack:** A fat burning high intensity interval training style workout. Focus is on full body fitness including cardio and muscular endurance, full body strength, agility, balance and flexibility. This class is great for all ages who want to become more physically fit.
- **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.
- **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.
- **Run Fit:** Training takes place at the Henrico Training Center. This class offers a variety of jogging /running and stair climbing options, depending on your current fitness level or need. This is an interval based workout focusing on endurance, speed and strength to improve your jogging/running stride. Climbing stairs is a great way to strengthen and tone your legs; pushing your body up the stairs, and coming down the stairs is also a great cardiovascular exercise that burns lots of calories, while developing both strength and power. Beginners can get a good workout by walking the stairs, while the more advanced will enjoy the challenge of running up the stairs taking two or even three steps at a time. Add this to your routine every Tuesday for 90 minutes; interval, speed, tempo, fartlek, hill and climbing training.
- **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!
- **Walk Fit:** Training takes place at the Henrico Training Center. If you are a walker or want to become one, while getting fit and feeling better, this is the class for you. This class allows you to choose your own “speed” of walking, whether it’s a 20-minute per mile pace, or a 12-minute per mile pace. All the members of the class will meet at the beginning for a warm up. Get an intense calorie-blasting 4000 – 8000 steps walk with “boosted” walk segments in end of each class, we will finish up with stretching. Throughout the duration of a 1-hour Walk class, attendees will walk 2 – 4 miles, in addition to burning significant calories (relative to your weight, age, mobility, and how hard you work). This class is open to all levels of walkers, who are ready to move to an all-out Brisk walk to Power walk with a strengthening experience. By training inside; stairs will help to increase the intensity of the walking workout, and by using stairs to add an incline will challenge muscles and burn more fat and calories. Climbing stairs is also a great way to strengthen and tone your legs from your calves to your butt. The combination of simultaneous ankle, knee and hip extension against gravity means that you work your legs naturally and without the impact commonly associated with jogging, running or sprinting.
- **Zumba® (noon):** Coined “fitness-parties,” Zumba® classes blend upbeat world rhythms with easy-to-follow choreography providing an effective, total-body workout.
- **Zumba® (evening):** 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.

Intermediate Level:

- **Mini-Blocks:** This fast-paced high-intensity interval workout consists of multiple, short-length or “mini-block” segments designed to increase your aerobic capacity, muscular endurance, muscular strength, and power!
- **Pump & Sculpt:** Get ready to sweat with this fun and effective fat-burning and toning workout that sculpts your body from top to bottom in 45 minutes. This whole-body conditioning class will use dumbbells, gliding discs, exercise balls, body bars, kettlebells and resistance bands.

Advanced Level:

- **H.I.I.T.:** (High Intensity Interval Training) HIIT class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body and improve your endurance. The class is designed in interval format, combining low and high impact moves. Enhance your training above the belt and emphasizing core, chest, arms, and shoulder strength. Below the belt focuses on core, legs and glute strength.
- **Kettlebell Strength & Conditioning:** The kettlebell is an effective, versatile tool to enhance overall fitness. This class will use the art of kettlebells to improve muscular strength and endurance, mobility to enhance working range of motion, and cardio for conditioning.
- **Mobility & MetCon:** High Intensity 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. This class will leave you sweating!