

# APRIL – JUNE 2024 - Fitness/Wellness Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Classes</b>	8:30 – 9:30am TSAC TOWER/Josh & Joey (Fire Training) <span style="background-color: yellow;">Restarting May 13, 2024</span> 9:30 – 10:15am Fit Plus/Ayse 10:30 – 11:30am (Police/Fire/Sheriff) TSAC/Josh	6:30 – 7:15am Foundations/Joey 8:30 – 9:15am W.R.T./Ayse 10:30 – 11:30am (Police/Fire/Sheriff) TSAC/Joey	8:30 – 9:30am TSAC TOWER/Josh & Joey (Fire Training) <span style="background-color: yellow;">Restarting May 13, 2024</span> 9:30 – 10:15am Fit Plus/Ayse 10:30 – 11:30am (Police/Fire/Sheriff) TSAC/Josh	9:30 – 10:15am Fit Plus/Ayse 10:30 – 11:30am (Police/Fire/Sheriff) TSAC/Josh	6:30 – 7:15am Wake UP/Ayse 8:30 – 9:15am W.R.T./Ayse 10:30 – 11:30am (Police/Fire/Sheriff) TSAC/Joey
<b>Midday Classes</b>	11:45am – 12:30pm HIIT/Ayse	11:45am – 12:30pm Foundations/Joey 12:30 – 1:30pm Fit Plus/Josh 1:00 – 1:45pm <b>NEW</b> Health & Wellness Coaching W.R.T./Ayse	11:45am – 12:30pm Step & Strength/Liz 12:30 – 1:30pm Fit Plus/Josh 1:00 – 1:45pm <b>NEW</b> Health & Wellness Coaching W.R.T./Ayse	11:45am – 12:30pm Dynamic 5/Sydnei 12:30 – 1:30pm Fit Plus/Josh 1:00 – 1:45pm <b>NEW</b> Health & Wellness Coaching W.R.T./Ayse	11:45am – 12:30pm Boot Camp/Ayse
<b>Evening Classes</b>	4:30 – 5:15pm Foundations/Joey 4:45 – 5:45pm Run Fit, Walk Fit/Ayse 5:00 – 6:00pm Pilates Fusion/Debbie	3:15 – 4:15pm <b>NEW</b> Nutrition Class/Sydnei <span style="background-color: yellow;">Juvenile Detention</span> (pre-registration required) (4/9 - 5/28) 4:45 – 5:30pm Basic Step Aerobics-Core/Liz	4:30 – 5:00pm Fitness Orientation 4:45 – 5:45pm Total Body Strength/Ayse	3:30 – 4:15pm <b>NEW</b> Beginner Fit Plus/Sydnei 4:45 – 5:45pm Body Conditioning/Ayse 5:00 – 6:00pm Restorative Yoga/Romy	

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

**County Observed Holiday**  
**Monday, May 27, 2024**  
**Wednesday, June 19, 2024**

No scheduled fitness programs these days

Fitness programs are held at the Henrico County Training Center 7701 E Parham Rd, Henrico, VA 23273