

## MHHC Group Fitness Studio Calendar Sept 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	Barre 10-10:45am Jillian	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 Varies	TBC 11-11:45am Jillian	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 Varies		*Fusion 45 (seated) 11:00-11:45am Erin		Basic Strength & Balance 12:30-1:15pm Monica	Basic Strength & Balance 11:15-12pm Monica	
	Express Core 4:45-5:15pm Joy				*Cardio Drums 12:45-1:30pm Jillian	
	Simply Strength 6:30-7:15pm Joy	Barre 5:30pm-6:15pm Erin	TBC 6:30-7:15pm Jen	Cardio Dance 5:30-6:15pm Monica	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	Mobility (Hybrid) 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	Pilates (Hybrid) 9am-9:45am Joy	Gentle Yoga 1-2pm Abby		
		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	
	Pilates Mix 4:15-5pm Monica		Chair Yoga 4:30-5:15pm Gwen			
	Yoga Mix 5:30-6:15pm Cindy		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			Cycle & Sculpt 12:15-1pm Lara		
	TeamBeats Cycle 5:30-6:15pm Joy	Cycling 5:45-6:30pm Grace	TeamBeats Cycle 5:30-6:15pm Kim			*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.