



# Healthy U Fitness Center Group Fitness Schedule\*

Effective June 20<sup>th</sup>, 2016



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	<i>MON</i>	<i>TUES</i>	<i>WEDS</i>	<i>THURS</i>	<i>FRI</i>	<i>SAT</i>
5:30 – 5:55 am	<b>TOSS UP</b> <i>Matt</i>			<b>TOSS UP</b> <i>Matt</i>		
5:30 – 6:25 am		<b>CYCLING</b> <i>Amanda</i>				
6:00 – 6:55 am	<b>BOOTCAMP</b> <i>Matt</i>		<b>YOGA</b> <i>Eva</i>	<b>BOOTCAMP</b> <i>Matt</i>	<b>BODY BLAST</b> <i>Amanda</i>	
7:30 – 8:25 am		<b>POWER HOUR</b> <i>Matt</i>	<b>CYCLE SCULPT</b> <i>Amanda</i>			
8:00 – 8:55 am						<b>YOGA</b> <i>Alba</i>
9:00 – 9:55 am		<b>GENTLE CARDIO</b> <i>Amanda</i>		<b>GENTLE CARDIO</b> <i>Matt</i>		
10:00 – 10:55 am		<b>YIN YOGA</b> <i>Alba</i>	<b>GENTLE STRENGTH &amp; BALANCE</b> <i>Matt</i>			
11:00 – 11:55 am	<b>GENTLE YOGA</b> <i>Eva</i>		<b>GENTLE YOGA</b> <i>Sol</i>			
12:00-12:45 pm			<b>PILATES</b> <i>Sol</i>			
12:00 – 12:25 pm		<b>CARDIO TREKKING</b>	<b>CARDIO TREKKING</b>	<b>CARDIO TREKKING</b>		
4:30 – 4:55 pm	<b>KNOCK OUT</b> <i>Randy</i>		<b>KNOCK OUT</b> <i>Randy</i>	<b>B.A.R.R.E.</b> <i>Amanda</i>		
5:00 – 5:55 pm	<b>ZUMBA®</b> <i>Eva</i>	<b>POWER HOUR</b> <i>Myra</i>	<b>ZUMBA®</b> <i>Eva</i>	<b>POWER HOUR</b> <i>Randy</i>		
5:00 – 6:15 pm (*EVERY OTHER WEEK)					<b>*HAPPY HOUR YOGA</b> <i>Eva</i>	
5:15 – 5:55 pm				<b>CYCLING 101</b> <i>Amanda</i>		
5:15 – 6:10 pm	<b>CYCLING</b> <i>Myra</i>					
6:00 – 6:55 pm	<b>MINDFUL/PRENATAL YOGA</b> <i>Alba</i>		<b>YOGA</b> <i>Alba</i>	<b>MINDFUL/PRENATAL YOGA</b> <i>Mandy</i>		
7:00 – 7:55 pm	<b>YOGA</b> <i>Alba</i>		<b>GENTLE YOGA</b> <i>Alba</i>			
8:00 – 8:30 pm	<b>YOGA NIDRA</b> <i>Alba</i>					

\*Class will be cancelled if less than 2 people are present at the start of class  
OR if no one is present 10 minutes past the posted start time.



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## GROUP FITNESS CLASS DESCRIPTIONS:

- **B.A.R.R.E:** Balance and Rhythmic Resistance Exercise is the use of basic ballet movements to sculpt and lengthen your muscles while simultaneously improving posture and body awareness. This beat-based class incorporates bodyweight exercises designed to activate muscles in the lower body and core, as well as improve balance, strength, and flexibility! *All levels welcome-Modifications Provided.*
- **BODY BLAST:** An intense muscle conditioning/sculpting workout using free weights, resistance tubing, stability balls and additional resistance techniques. *All levels welcome-Modifications Provided.*
- **BOOTCAMP:** Free weights, resistance tubing, body weight, cardio and core. Keep your workout fresh with and your body guessing! *All levels welcome-Modifications Provided.*
- **CARDIO TREKKING:** Move your body, clear your mind with a walk around campus! A great way to get out and get active. *All levels welcome-Modifications Provided.*
- **CYCLE SCULPT:** A great way to get your cardio and strength workout in session! Cycle for cardio, then lift for strength and toning. The best of both worlds! *All levels welcome-Modifications Provided.*
- **CYCLING 101\*:** Wear neon for a black-light experience! This beginner level class will get your heart pumping as you learn the basics of a cycle class including jumps, hills, and intervals. Extensive cool-down and stretching off the bike is included. *All levels welcome-Modifications Provided.*
- **CYCLING\*:** Wear neon for a black-light experience! This high intensity class will get your heart pumping as you navigate and conquer the "open road" with jumps, hills, and sprints. *All levels welcome-Modifications Provided.*
- **GENTLE CARDIO:** Improve your cardiovascular endurance by learning the basics. This low impact class is for the active adult or if you are new to exercise. *Beginner to intermediate levels.*
- **GENTLE PILATES:** Great for those new to Pilates or easing back into physical activity. Improve your body's strength and flexibility with this core-focused class. *All levels welcome-Modifications Provided.*
- **GENTLE STRENGTH & BALANCE:** This class is designed to help the active adult improve and increase strength for daily activities. The exercises in the class are geared toward improving balance, range of motion, core strength and overall muscle tone. *All levels welcome-Modifications Provided.*
- **GENTLE YOGA:** This class is perfect for first-timers, those recovering from injuries, or anyone that wants a kinder approach to the practice of yoga. It is also recommended for seniors. *All levels welcome-Modifications Provided.*
- **HAPPY HOUR YOGA:** Kick off your weekend with Happy Hour! Take part in a fun and challenging Yoga class set to contemporary music. Be prepared to laugh, sing along and sweat! *All levels welcome-Modifications Provided.*
- **KNOCK OUT:** Change up your workout with this boxing-conditioning class! Throw some jabs, jump some rope and get a great workout in the process! *All levels welcome-Modifications Provided.*
- **MINDFUL/PRENATAL YOGA:** This class is perfect for the mommies-to-be, or individuals who would like a more mindful approach to yoga. Challenge your mind and your body! *All levels welcome-Modifications Provided.*
- **POWER HOUR:** Strengthen and sculpt your entire body with weights and cardio class. Challenge your muscles with a variety of equipment including resist-a-balls, bands, bars or your own body weight. Guaranteed to strengthen both body and mind! *All levels welcome-Modifications Provided.*
- **TOSS UP:** There is no telling what this class will be! Bootcamp, Zumba, Step, or traditional Hi-Lo (just to name a few). Anything is game with Toss Up! *All levels welcome-Modifications Provided.*
- **YOGA:** This class hosts a variety of participants; from beginners to students with many years of practice. Modifications are given to make the practice of Yoga accessible to all body types and fitness levels. *All levels welcome-Modifications Provided.*
- **YOGA NIDRA:** Yoga Nidra is one of the deepest of all meditations, leading awareness through many levels of mental process to a state of supreme stillness and insight. *Please bring a blanket, pillow, etc. that will assist with your comfort. All levels welcome*
- **ZUMBA®:** A hypnotic Latin dance craze with easy to follow moves. You are guaranteed to have fun, sweat, and get fit in this class! *All levels welcome -Modifications Provided.*

\*Cycling: Bike reservations are *FIRST COME, FIRST SERVE.*

First time participants are encouraged to arrive 10 minutes prior to class time.

Call 407.237.6351 for more information or stop by at 119 W. Sturtevant Street, Orlando, FL 32806.