



OCT 2 to OCT 30

# GROUP FITNESS SCHEDULE

\*BodyPump, Barre, SPRINT, Cycling, and some aqua classes require a pass that can be picked up at the Front Desk 30 minutes before class. Tuesday/Thursday 5:45am SPRINT passes available at 5am.

## HWC HOURS

**Monday - Friday**  
5am - 10pm  
**Saturday & Sunday**  
7am - 7pm

## KIDS CLUB HOURS

**Monday - Thursday**  
8:30am - 1pm 4pm - 8:30pm  
**Friday**  
8:30am - 1pm 4pm - 7:30pm  
**Saturday** **Sunday**  
8:15am - 1pm 8:30am - 1pm

**MONDAY**  
**5:15am**  
\*RPM - Julie  
**6:00am**  
GRIT - Scott  
**7:15am**  
\*Splash Fitness - Wendy  
**8:45am**  
\*BodyPump - Mark S  
**9:00am**  
PiYo - Sylvia R  
\*SPRINT - LuAnne  
\*Splash Fitness - Kim  
**10:00am**  
Zumba - Caroline  
Stretch (45 min) - Sylvia R.  
\*Cycle - Ernesto  
Deep Water - Kim

**TUESDAY**  
**5:45am**  
\*SPRINT - Scott  
**6:25am**  
\*BodyPump - Tina S  
**9:00am**  
Zumba - Caroline  
Mat Pilates - Rachel  
\*Cycle - LuAnne  
Aqua Arthritis - Susan  
**10:00am**  
BodyAttack - Stephanie  
Aquabata - Susan  
**10:15am**  
\*Barre - Kim  
**10:30am**  
\*SPRINT - Caroline

**WEDNESDAY**  
**6:00am**  
GRIT - Daniel  
**9:00am**  
BodyCombat - Linda  
Yoga - Grissell  
\*SPRINT - Julie  
**10:00am**  
\*BodyPump - Stephanie  
\*Cycle - Ernesto  
\*Aqua Zumba - Griselda

**THURSDAY**  
**5:45am**  
\*SPRINT - Scott  
**6:35am**  
CxWorx - Linda  
**9:00am**  
\*BodyPump - LuAnne  
Mat Pilates - Rachel  
\*Cycle - Mark  
Aqua Arthritis - Susan  
**10:00am**  
GRIT - Stephanie  
Aquabata - Susan  
**10:15am**  
\*Barre - Rachel  
**10:30am**  
\*SPRINT - Caroline

**FRIDAY**  
**5:30am**  
\*BodyPump - Scott  
**7:15am**  
\*Splash Fitness - Wendy  
**8:30am**  
CxWorx - Tina S  
**9:00am**  
BodyCombat - Julie  
BodyFlow/PiYo - Jennifer/Sylvia R  
\*Cycle - Ernesto  
\*Splash Fitness - Kim  
**10:00am**  
\*BodyPump - Stephanie  
Yoga - Nancy  
Deep Water - Kim  
**10:30am**  
\*RPM - Linda

**SATURDAY**  
**8:00am**  
\*SPRINT - Julie  
**8:15am**  
GRIT - LuAnne  
Hot Yoga - Grissell  
**9:00am**  
BodyStep - Natalie  
\*Cycle - LuAnne  
**10:00am**  
\*BodyPump - Natalie  
Beginner Yoga - Rebecca  
**10:15am**  
\*RPM - Shari  
**11:00am**  
BodyFlow - Rebecca

**11:00am**  
\*BodyPump (45 min) - Scott  
Aqua Arthritis - Susan  
**12:00pm**  
Yoga Stretch - Stefanie  
**1:00pm**  
\*Barre - Rachel

**11:00am**  
Fit 4 Life - Stephanie  
**11:15am**  
Yoga Stretch - Kim  
**12:00pm**  
\*BodyPump (45 min) - Linda  
**1:00pm**  
Yoga - Nancy

**11:00am**  
BodyAttack (45 min) - Scott  
**11:15am**  
\*Barre - Nancy  
**12:00pm**  
Zumba Gold - Griselda  
**1:00pm**  
Yoga Stretch - Stefanie

**11:00am**  
Fit 4 Life - Mark S  
**12:00pm**  
Zumba - Maguie

**11:00am**  
CxWorx - Zandra  
**11:15am**  
\*Barre - Nancy  
**12:00pm**  
Zumba Gold - Griselda  
**1:15pm**  
Beginner Yoga - Cathy

**SUNDAY**  
**8:45am**  
\*BodyPump - Mark S  
**9:00am**  
Hot Yoga (90 min) - Grissell  
\*SPRINT - Daniel  
**9:45am**  
GRIT - LuAnne  
**10:00am**  
\*Cycle - Mark S  
**10:15am**  
CxWorx - LuAnne  
**11:00am**  
BodyCombat - Shari/Julie  
BodyFlow - Mark M  
**4:00pm**  
BodyStep - Natalie  
**5:00pm**  
\*BodyPump - Natalie

**4:30pm**  
BodyStep - Jen  
**5:30pm**  
\*BodyPump - Sylvia B  
Beginner Yoga - Rebecca  
\*SPRINT - Linda  
**6:30pm**  
BodyCombat - Linda  
BodyFlow - Crystal  
\*Cycle - LuAnne  
Aqua Zumba - Griselda  
**7:30pm**  
CxWorx - Sylvia R  
**7:45pm**  
Hot Yoga - Grissell

**4:30pm**  
CxWorx - Sylvia R.  
**5:30pm**  
BodyAttack - Sylvia B  
Mat Pilates - Christine  
\*RPM - Linda  
**6:00pm**  
Splash Fitness - Maggie  
**6:30pm**  
\*BodyPump - Natalie  
**7:00pm**  
\*SPRINT - Steve  
**7:30pm**  
Zumba - Maguie  
Hot Yoga (75 min) - Grissell

**4:30pm**  
\*BodyPump - LuAnne  
**5:30pm**  
BodyStep - Natalie  
\*Barre - Christine  
\*SPRINT - Daniel  
**6:30pm**  
Zumba - Angie  
Yoga - Rebecca  
\*Cycle - LuAnne  
**7:30pm**  
CxWorx - LuAnne  
BodyFlow - Rebecca

**4:30pm**  
BodyFlow - Chris  
**5:30pm**  
BodyAttack - Sylvia B  
\*RPM - Julie  
**6:30pm**  
\*BodyPump - Jen  
Aqua Zumba - Griselda  
**7:00pm**  
\*SPRINT - LuAnne  
**7:30pm**  
Zumba - Maguie  
Hot Yoga (75 min) - Grissell

**5:30pm**  
BodyCombat - Daniel  
**6:30pm**  
Stretch (45 min) - Christine

 health & wellness  
center AT FLORIDA HOSPITAL  
WESLEY CHAPEL  
**(813) 929-5252**  
[www.FHWCwellness.org](http://www.FHWCwellness.org)



# CLASS DESCRIPTIONS

## CARDIO, STRENGTH & POWER

### **LES MILLS** BODYATTACK®

High-energy interval training combines athletic aerobic movements with strength and stabilization.

### **LES MILLS** BODYCOMBAT®

Fierce energetic workout featuring moves inspired by karate, tai chi and kick boxing.

### **LES MILLS** BODYPUMP®

Strength training barbell class targeting major muscle groups with squats, presses, lifts and curls. *(XP, 45 minutes)*

### **LES MILLS** BODYSTEP®

Low-impact aerobic workout on a height-adjustable step provides energetic muscle conditioning.

### **LES MILLS** CXWORX™

Challenging but achievable core training using resistance tubes, weight plates and body weight. *(30 minutes)*

### **LES MILLS** **GRIT**

High-intensity interval training combines cardio/strength/plyometrics to reach max training zones. *(30 minutes)*



Dance aerobic interval training featuring a fun fusion of Latin and international music.



Modified Zumba moves and pacing to suit the needs of beginners and active seniors.

### **Barre**

Isometric strength training with elements of ballet, yoga and Pilates and small ROM movements.

### **Fit 4 Life** | Beginner/Senior

Low-impact cardio strength, endurance and flexibility to improve skills for daily living.

## AQUATICS



Challenging low-impact workout delivering exhilarating cardio conditioning and body toning.

### **Aqua Arthritis**

Fun, safe workout to help people with arthritis stay fit while relieving pain and discomfort.

### **Aquabata**

Tabata-style water workout broken into eight 30-second training intervals (:20 work/:10 rest).

### **Deep Water**

Non-impact workout using a flotation belt to deliver effective cardio and core conditioning.

### **Splash Fitness**

Cardio workout using buoyancy equipment to tone muscles and strengthen core stabilizers.

## CYCLING



High-intensity interval training on a stationary bike. Powerful intensity with brief periods of rest. *(30 minutes)*



Powerful journey of hill climbs, sprints and flat riding to lift your performance and boost your fitness. *(45 minutes)*

### **Cycle**

Interval cross-training on a stationary bike focusing on endurance, strength and recovery. *(50 minutes)*

## FLEXIBILITY/BODY STRENGTH

### **LES MILLS** BODYFLOW®

Calm, centered strength training embracing yoga, tai chi and Pilates to build flexibility.

### **Yoga**

Synchronized breathing, poses, strength and flexibility to increase mental focus.

### **Beginner Yoga**

Basic breathing, stretching and flexibility to increase mobility and introduce yoga principles.

### **Hot/Warm Yoga**

*Requires basic yoga knowledge*

Heated/humid environment to challenge the cardiovascular system and eliminate toxins.

### **Yoga Stretch** | Beginner/Senior

A variety of strength, endurance and flexibility exercises to improve skills for daily living.

### **Mat Pilates**

Progressive movements to improve core strength and stability for all fitness levels.

### **Stretch**

Mat-based body weight resistance training focusing on total flexibility. *(45 minutes)*

### **PiYo**

A low-impact workout combining the muscle-sculpting of Pilates with the flexibility of yoga.