



NOV 5 to DEC 2

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 - Sunday
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
 Splash Fitness - Griselda
9:15am
 *SPRINT - LuAnne
10:00am
 Zumba - Caroline
 Stretch (45 min) - Sylvia R.
 *Cycle - Ernesto
 Deep Water - Griselda

TUESDAY
5:15am
 *SPRINT - Katie
5:55am
 *BodyPump - LuAnne
9:00am
 Zumba - Caroline
 Yoga - Paulette
 *Cycle - LuAnne
10:00am
 BodyAttack - Stephanie
 *Barre - Christine
 Splash Fitness - Sylvia R.
10:30am
 *SPRINT - Caroline

WEDNESDAY
5:30am
 BodyAttack - Scott
9:00am
 BodyCombat - Linda
 Mat Pilates - Tanya
9:15am
 *SPRINT - Julie
10:00am
 BodyFlow - Jammie
 *BodyPump - Stephanie
 *Cycle - Ernesto
 Aqua Zumba - Griselda

THURSDAY
5:30am
 *SPRINT - Julie/Scott
6:05am
 CxWorx - Linda
9:00am
 *Barre - Nancy
 *BodyPump - LuAnne
 *RPM - Linda
 Splash Fitness - Sylvia R.
10:00am
 Mat Pilates - Christine
 GRIT - Stephanie
10:30am
 *SPRINT - Caroline

FRIDAY
5:30am
 *BodyPump - Scott
7:15am
 Splash Fitness - Wendy
8:30am
 CxWorx - Sylvia R.
9:00am
 BodyCombat - Linda
 PiYo - Sylvia R
 *Cycle - Ernesto
 Splash Fitness - Griselda/Susan M.
10:00am
 *BodyPump - Stephanie
 Yoga - Nancy
10:15a m
 *SPRINT- Jenn

SATURDAY
8:00am
 *SPRINT - Julie
8:15am
 GRIT - LuAnne
8:15am
 Hot Yoga - Nancy
8:50am
 BodyStep - Natalie
9:00am
 *Cycle - LuAnne
10:00am
 *BodyPump - Natalie
 Beginner Yoga - Rebecca
11:00am
 BodyFlow - Rebecca
12:15pm
 Zumba - Annie/Taylor

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

11:00am
 Fit 4 Life - Stephanie
 Yoga Stretch - Christine
12:00pm
 *BodyPump (45 min) - Cristina
1:00pm
 Yoga - Nancy

11:00am
 Total Body Conditioning (45 min) - Linda
 *Barre - Nancy
12:00pm
 Zumba Gold - Griselda
1:00pm
 Yoga Stretch - Wendy

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

11:00am
 CxWorx - Zandra
 Aqua Zumba - Taylor
 *Barre - Nancy
12:00pm
 Zumba Gold - Griselda
1:00pm
 Beginner Yoga - Nancy

SUNDAY
8:45am
 *BodyPump - Mark S
9:00am
 Hot Yoga (75 min)-Christine/Paulette
 *SPRINT - Daniel
9:45am
 GRIT - LuAnne
10:00am
 *RPM - Shari
10:15am
 CxWorx - LuAnne

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

4:45pm
 CxWorx - Sylvia R.
5:30pm
 BodyAttack - Sylvia B/Cristina
 Mat Pilates - Christine
 *RPM - Linda
6:30pm
 *BodyPump - Natalie
 PiYo - Sylvia R
7:00pm
 *SPRINT - Steve
7:30pm
 Zumba - Maguie
 Hot Yoga (75 min) - TBA

4:30pm
 *BodyPump - Jen
5:30pm
 BodyAttack - Natalie
 *Barre - Nancy
 *SPRINT - Daniel
6:30pm
 Zumba - Angie
 Yoga - Rebecca
 *Cycle - LuAnne
 Splash Fitness - Maggie
7:30pm
 CxWorx - LuAnne
 BodyFlow - Rebecca

4:30pm
 BodyFlow - Sarah
5:30pm
 BodyAttack - Sylvia B/Cristina
 *RPM - Julie
6:30pm
 *BodyPump - Daniel
 Aqua Zumba - Griselda
7:00pm
 *SPRINT - LuAnne
7:30pm
 Zumba - Maguie
 Hot Yoga (75 min) - Paulette

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



(813) 929-5252
FHWcwellness.org





CLASS DESCRIPTIONS

CARDIO, STRENGTH & POWER

LESMILLS BODYATTACK®

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

LESMILLS BODYCOMBAT®

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

LESMILLS BODYPUMP®

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

LESMILLS BODYSTEP®

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

LESMILLS CXWORX™

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

LESMILLS 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

Total Body Conditioning

This class incorporates strength and cardio segments using equipment such as dumbbells, stability balls and bands, for a total body workout.



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

LESMILLS 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

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.

