

# Healthworks September Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  <b>CLOSED</b> <b>HAPPY LABOR DAY!</b>  	<b>3</b> 5:15 Cycle Express Joelle 6:15 HIIT Joelle 9:30 Beginning Tai Chi Sharon 11:00 Sit & Get Fit Elizabeth 12:15 Cycle & Strength Kelsey 4:15 Bootcamp Hailee 5:15 MetCon Connor	<b>4</b> 12:15 Line Dancing Gayle 4:15 Yoga-lates Elizabeth 5:15 Total Body Blast Kelsey	<b>5</b> 5:15 Bootcamp Express Aaron 6:15 Bootcamp Aaron 9:30 Continuing Tai Chi Sharon 11:00 Balance Works Bobby 12:15 Bootcamp Hailee	<b>6</b> 12:15 Yoga Margie 5:15 CSI Joelle
<b>9</b> 12:15 Step Gayle 4:15 Yoga Elizabeth 5:15 Strength/Toning Kelsey	<b>10</b> 5:15 Cycle Express Joelle 6:15 HIIT Joelle 9:30 Beginning Tai Chi Sharon 11:00 Sit & Get Fit Portia 12:15 Cycle Circuit Kelsey 4:15 Zumba Portia 5:15 Zumba Sentao Portia	<b>11</b> 12:15 Step & Sculpt Gayle 4:15 Yoga-lates Elizabeth 5:15 Total Body Blast Kelsey	<b>12</b> 5:15 Bootcamp Express Aaron 6:15 Bootcamp Aaron 9:30 Continuing Tai Chi Sharon 11:00 Balance Works Hailee 12:15 Tabata Hailee	<b>13</b> 12:15 Yoga Margie 5:15 CSI Kelsey
<b>16</b> 12:15 Step & Sculpt Gayle 4:15 Yoga Elizabeth 5:15 Strength/Toning Kelsey	<b>17</b> 5:15 Bootcamp Express Aaron 6:15 Bootcamp Aaron 9:30 Beginning Tai Chi Sharon 11:00 Sit & Get Fit Elizabeth 12:15 Cycle & Core Kelsey 4:15 Zumba Portia 5:15 MetCon Connor	<b>18</b> 12:15 Line Dancing Gayle 4:15 Yoga-lates Elizabeth 5:15 Total Body Blast Kelsey	<b>19</b> 5:15 Bootcamp Express Aaron 6:15 Bootcamp Aaron 9:30 Continuing Tai Chi Sharon 11:00 Balance Works Bobby 12:15 3, 2, 1 Hailee	<b>20</b> 12:15 Yoga Libby 5:15 CSI Kelsey
<b>23</b> 12:15 Step Gayle 4:15 Yoga Elizabeth 5:15 Strength/Toning Kelsey	<b>24</b> 5:15 Bootcamp Express Aaron 6:15 Bootcamp Aaron 9:30 Beginning Tai Chi Sharon 11:00 Sit & Get Fit Portia 12:15 Cycle & Strength Kelsey 4:15 Zumba Portia 5:15 MetCon Connor	<b>25</b> 12:15 Step & Sculpt Gayle 4:15 Yoga-lates Elizabeth 5:15 Total Body Blast Kelsey	<b>26</b> 5:15 Bootcamp Express Aaron 6:15 Bootcamp Aaron 11:00 Balance Works Bobby 12:15 Perfect 10 Hailee	<b>27</b> 12:15 Core Fusion Kelsey 5:15 CSI Joelle
<b>30</b> 12:15 Step & Sculpt Gayle 4:15 Yoga Elizabeth 5:15 Bootcamp Libby				

## **GROUP EXERCISE CLASS DESCRIPTIONS**

- BodyCon: A class devoted to bodyweight conditioning for the entire body
- Bootcamp: A workout to challenge your agility, strength, speed, & endurance
- Cardio Circuit: A workout with varying aerobic activities with quick movement from one exercise to the next
- CardioSculpt: A cardio-based workout alternating with strength training segments
- Core Fusion: A core-focused class that ties in multiple exercise formats
- Crunch Time: A workout focusing on the abdominals and core
- CSI: A workout that focuses on cycle and strength intervals
- Cycle Circuit: A workout that incorporates cycling, strength, & stabilization intervals
- Cycle & Core: A class that combines a cycling workout with core strengthening
- Cycle & Strength: A class that combines a cycling workout with total body strength
- Fitness Walk: Walk your way to fitness & set monthly distance walking goals. Class includes core & stretching.
- HIIT: A high-intensity interval training class
- MetCon: A high-intensity class designed to maximize caloric expenditure during and after your workout
- Perfect 10: A high-intensity class that rotates through ten exercises
- Sit & Get Fit: A chair-level class that incorporates Zumba, Yoga, and weights
- Step: A cardio workout utilizing the step
- Step & Core: A class that incorporates step and core
- Step & Sculpt: A class that alternates step aerobics with strength training
- Strength/Toning: Improve your strength and tone up with this easy to follow class for your entire body
- Strength & Stretch: A class combining 15 minutes of strengthening & 15 minutes of stretching
- Tabata: A class that alternates quick bursts of high-intensity work with short rest periods
- Tai Chi: A slow-paced class that builds strength & coordination to prevent falls
- Total Body Blast: A class that incorporates intervals of cardio, strength, and core, and ends with a relaxation segment
- Yoga: A mind-body workout that tones the body, improves flexibility, and builds core strength
- Yoga-lates: A core-focused class that pairs Yoga and Pilates
- Zumba: Effective calorie burning, easy to follow, Latin-inspired dance fitness program
- 3, 2, 1: A class that alternates 3 minutes of cardio, 2 minutes of strength, and 1 minute of core

**View our schedule online: [www.wakemed.org/healthworksschedule](http://www.wakemed.org/healthworksschedule)**

### **Group Exercise Information:**

- Classes are FREE for Healthworks members or \$5/class for non-members
- Classes and instructors are subject to change
- Please arrive 5 minutes early for equipment setup and an on-time start
- Please bring a water bottle and towel for class participation

**For more information, please contact Hailee Rich at (919) 350-7043 or [hrich@wakemed.org](mailto:hrich@wakemed.org)**

