# Healthworks September Group Exercise Schedule

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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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**Modified Operations**

Class size is currently limited to 6
Pre-registration and payment required
$40/10 classes
Schedule is tentative & classes may be outdoors
Call 919-350-7043 for more information
### GROUP EXERCISE CLASS DESCRIPTIONS

- **Bootcamp:** A workout to challenge your agility, strength, speed, and endurance
- **Cardio Circuit:** A workout with varying aerobic activities with quick movement between exercises
- **Cardio Kickboxing:** A cardio workout focusing on kickboxing
- **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
  - **HIIT:** A high-intensity interval training class
  - **MetCon:** A high-intensity class that maximizes caloric expenditure during and after your workout
- **Muscle Monday:** A high-intensity class that focuses on muscle strength and endurance
  - **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 & 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
  - **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, & core, and ends with relaxation
  - **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 membership 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: call Healthworks at (919) 350-6336.