



WELLNESS WORKS COUNTY-WIDE GROUP EXERCISE CLASSES OCTOBER 3 - DECEMBER 16, 2016

301 ADMIN ***DJC DURANGO ENV/AQ ***PUB HEALTH SCC						
MONDAY						
11:30 am - 12:15 pm	*Multi-Level Yoga					
12:30 pm - 1:00 pm	Total Conditioning					
5:15 pm - 6:00 pm	Multi-Level Yoga		*Zumba ACC (5:15-6:15) (10/3 - 11/21) *Must pre-register		*Multi-Level Yoga (5:30 - 6:30) *Must pre-register	Total Conditioning 9th floor (5:15-6:15)
TUESDAY						
11:30 am - 12:00 pm	HIIT Circuit Training			Yoga		Fitness Express 9th floor
12:00 pm - 12:30 pm			Be-the-Change Conditioning JUV (Rooms 444/445)			
12:15 pm - 12:45 pm	Dance Exercise Class		Core & Overall Strength MCDOT			
2:00 pm - 2:30 pm	Core Class					
4:30 pm - 5:00 pm	TRX Circuit Training					
5:15 pm - 6:15 pm	TRX Circuit Training (5:15-6:00)					
WEDNESDAY						
11:30 am - 12:00 pm				Core Express		
12:15 pm - 12:45 pm	Total Conditioning					
12:30 pm - 1:00 pm						
2:00 pm - 2:30 pm	Core Class					
3:30 pm - 4:00 pm			Rowing Class STC *Must pre-register			
5:15 pm - 6:15 pm	Fast-Strong-Fit (5:30-6:15)		**Fast, Strong, Fit JUV (5:30-6:30)			Yoga 8th floor (Ends 11/16)
THURSDAY						
6:30 am - 7:15 am	TRX Circuit Training					
8:30 am - 8:45 am				Strength Training		
11:30 am - 12:00 pm	Fitness Express			Tai Chi		
12:15 pm - 1:00 pm	*Zumba (Oct 6-Nov 17)		Core & Overall Strength (12:15-12:45) MCDOT			
1:15 pm - 1:45 pm	Fitness Express					
2:00 pm - 2:30 pm	Core Class					
3:00 pm - 3:15 pm	HIIT Power & Pump					
5:15 pm - 6:00 pm	"Fun" Boot Camp					
5:15 pm - 6:15 pm						
FRIDAY						
12:15 pm - 1:00 pm	* Multi-Level Yoga (except 11/11)					

*YMCA Instructed Classes

**Juvenile Probation, Detention, and Court employees only

***Contact Jan for more information on DJC and Public Health classes

Note: All classes are subject to change. With limited or no participants, class will be canceled after 10 minutes

For questions, please contact Jan Hertzfeld at (602) 679-8145 or hertzfeldj@mail.maricopa.gov

<http://www.maricopa.gov/benefits/wellness/movingmore.html>

Class Descriptions

Be-the-Change Conditioning: This class consists of no-impact large muscle conditioning primarily by strikes (hand/elbow) and kicks (foot/knee). Designed as low-intensity circuit training with 8 stations for ALL fitness levels.

Core Class: Improve your posture, decrease risk of injury and increase balance by working the core and back muscles groups. Core includes gluts, abdominals, lower back, and the oblique (side) muscles. We will use weights, balance equipment, and stability balls.

Dance Exercise Class: Dancing is a great way to get in shape while learning a new skill. The Dance classes will include lessons on a variety of dance styles including Cha Cha, Mambo, Rumba, and Salsa. No dance experience necessary.

New Format! Fast-Strong-Fit: Challenge yourself to get strong and fit fast with an interval strength and cardio class that is so fun it flies by! Every week is new! We will use a simple personal scoring system so you can see yourself improve every week.

Fitness Express: An effective 30-minute workout including cardio, strength training, and core exercises. Sweat and get fit during your lunch break!

“Fun” Boot Camp: This “fun” class will be combining interval training (which sometimes includes running or power walking), body weight exercises and resistance training in an effort to lose body fat and improve your cardio and strength.

HIIT- Power and Pump: This is a 15-minute HIIT (high intensity interval training) class for intermediate/ advanced fitness levels who are looking to increase their power and strength. We will be using various modalities from cardio, TRX, Kettlebells and body-weight exercises. Short and intense!

Rowing Class: This class will involve alternating rowing workouts on Concept 2 rowing machines with core, strength training, and other HIIT style exercises. A great total body workout. Class will be held at the Sheriff Training Center.

S.W.E.A.T CLASS: Stands for Strength Workout Exercise and Training- The class will consist of a variety of circuits including TRX, Rope Training, Medicine Balls, and some HIIT activities.

Total Conditioning: Challenge yourself with an athletic based exercise class, which includes cardio, strength, and core training. A variety of fitness equipment and formats will be used. Accommodates all fitness levels.

TRX Circuit Training: The TRX (Total Body Resistance Exercise) is a suspension training system that uses your own body weight. It helps develop strength, balance, flexibility, and core stability simultaneously. The TRX station is part of an overall circuit training class that targets strength building and muscular endurance.

Yoga (Multi-Level): The yoga classes are designed for students of all levels, and modifications will be provided for each pose to allow you to get the best yoga experience regardless if you are new to yoga or have been practicing for years. Yoga is about proper breathing and creating balance in the body through developing both strength and flexibility.

Zumba Fitness®: A dance fitness program which combines Latin and international music with dance and exercise moves. Zumba means, “to move fast and have fun.” Certified Zumba instructors teach these classes.