

ProHealth Fitness

Group Exercise Schedule

August 2022



Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:10a.m.	Spin (A) Kourtney		Spin (A) Kourtney		Spin (A) Kourtney	
6:00a.m.	Total Body Conditioning (B) Jaleigha		Total Body Conditioning (A) Jaleigha		Total Body Conditioning (A) Jaleigha	
7:30a.m.		*Spin (A) John		*Spin (A) John		
9:00a.m.	Body Sculpting (B) Nicole Aqua Sculpting (T) Jaleigha		Body Sculpting (B) Nicole Aqua Sculpting (T) Jaleigha		Body Sculpting (B) Nicole Aqua Sculpting (T) Jaleigha	
10:00a.m.	Barre Conditioning (A) Kourtney	Stretch (A) Nicole	Stretch (A) Nicole	Stretch (A) Nicole	Barre Conditioning (A) Kourtney	
11:00a.m.	Aqua Aerobics (F) Nicole		Aqua Aerobics (F) Nicole		Aqua Aerobics (F) Nicole	
12noon	Spin (A) Kourtney	Bootcamp(B) Emily	Cycle Fusion (A) Emily	Bootcamp (B) Emily		
4:00p.m.		* Aqua Aerobics (F) Sierra		* Aqua Aerobics (F) Sierra		
4:30p.m.		Circuit Training (B) Landon		Circuit Training (B) Landon		
5:00p.m.	*30 minute Core (B) KlaRissa		*30 minute Core (B) KlaRissa			
5:30p.m.	H.I.I.T. Landon & Emily *Aqua Aerobics (F) KlaRissa	* Bootcamp Express (B) Sierra	H.I.I.T. Landon & Emily *Aqua Aerobics (F) KlaRissa	*Bootcamp Express (B) Sierra		



A= Studio A

B= Studio B

F = Fitness Pool

T = Therapy Pool

CLASS DESCRIPTIONS

POOL CLASSES

- **Aqua Aerobics** – Low impact cardio, resistance training and stretching in the shallow end of the pool.
- **Aqua Sculpting** – Resistance training, using aqua bells or just resistance of the water in the therapy pool.

FLOOR CLASSES

- **Barré Conditioning** – A total body conditioning technique using a combination of stretching the ballet barré, tubing and additional equipment.
- **Body Sculpting** – A full body workout using a variety of equipment, dumbbells, medicine balls, BOSUs and tubing.
- **30 minute CORE** – a low impact workout focused on abdominals and glutes.(30 minutes)
- **Bootcamp Express**–Full body workout and flexibility work. (45 minutes)
- **H.I.I.T.** – A high intensity cardiovascular workout (running, jumping jacks, lunges, squats and ab work included)
- **Circuit Training** – workout performed with different stations or exercises at a high intensity with little to no rest between each station and exercise.
- **Spin** – Indoor cycling, suitable for intermediate to advanced fitness levels. Please arrive early for setup.
- **Stretch** – A gentle stretching class for all ages that improves flexibility and reduces stress.
- **Total Body Conditioning** – A total body cross training workout. Strength, Cardio and Flexibility.
- **Yoga** – Yoga is a mind and body practice. Various styles of yoga combine physical postures, breathing techniques and meditation or relaxation.

All classes/instructors are subject to change.

ProHealth Hours of Operation

Monday – Thursday	5 a.m. – 8 p.m.
Friday	5 a.m. – 7 p.m.
Saturday	8 a.m. – 2 p.m.
Sunday	12 – 4 p.m.



Follow ProHealth Fitness Center on Facebook for updates.