

TOMMY HEWETT, M.D. WELLNESS CENTER

Spring 2020 Group Exercise Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:45 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
6:00-6:30 AM	Lift to Lose w/ Tosha		Lift to Lose w/ Tosha		Lift to Lose w/ Tosha	
8:30-9:00 AM	Wellness Walk	Wellness Walk	Wellness Walk	Wellness Walk	Wellness Walk	
9:00-9:50 AM	Open Swim	Open Swim	Open Swim	Open Swim		
11:00-11:50 AM		Lap Swim	Aquatics w/ Stephanie 11:15-11:45 a.m.	Lap Swim	Aquatics w/ Stephanie 11:15-11:45 a.m.	Open Swim (11:00-12:50pm)
12:00-12:30 PM	Wellness Walk	Wellness Walk	Wellness Walk	Wellness Walk	Wellness Walk	
1:00-1:50 PM	Tiger Fit Bootcamp w/ Wendy (Tigers Den)	Tiger Fit Bootcamp w/ Matt (Tigers Den)	Tiger Fit Bootcamp w/ Wendy (Tigers Den)	Tiger Fit Bootcamp w/ Matt (Tigers Den)		
3:30-4:00 PM	Wellness Walk	Wellness Walk	Wellness Walk	Wellness Walk	Wellness Walk	
4:30-5:15 PM		HIIT & Cut to the Core w/ Kelli		HIIT & Cut to the Core w/ Kelli		
		Lift to Lose w/ Tosha		Lift to Lose w/ Tosha		
5:30-6:20 PM	Zumba w/ Isaac	Cardio Kickboxing w/ Tosha	Zumba w/ Isaac	Cardio Kickboxing w/ Tosha		
	Strength & Conditioning w/ Taaj (Tigers Den)	Strength & Conditioning w/ Taaj (Tigers Den)	Strength & Conditioning w/ Taaj (Tigers Den)	Strength & Conditioning w/ Taaj (Tigers Den)		
6:00-6:50 p.m.		Aquatics w/ Stephanie		Aquatics w/ Stephanie		
7:00-9:00 PM		Open Swim		Open Swim		

CLASS DESCRIPTIONS

Aquatics—Improve cardio, flexibility and core strength in a supportive, fun environment. Aquatics, or water aerobics, is a low impact solution to burning calories quickly without the impact of exercises like running.

Cardio Kickboxing—A fun, hands-on experience using martial arts-based kickboxing techniques to lose fat and increase cardiovascular conditioning, coordination and balance.

Cut to the Core - Challenge your entire mid-section to obtain core strength that is a cut above the rest. HIIT goes right into Core class, or just come in at 5:00 and get started!

HIIT = High Intensity Interval Training - The perfect high-intensity mix of cardio and strength, this class changes constantly to keep your body challenged. All fitness levels welcome.

Lift to Lose - Lose fat and lean up with circuit-style strength training that revs up your metabolism for up to 48 hours after exercise.

Strength & Conditioning - This class utilizes weight equipment like barbells, dumbbells, kettlebells and bodyweight through functional movements done at high intensities based on your fitness level. Workouts vary each day and include aspects of several different modal domains.

Tiger Fit Bootcamp - Use your lunch break to get fit and have fun! For everyone from the novice to the experienced to gain strength while losing weight and toning up. This efficient class uses a variety of implements from slam balls and wreck bags to the more traditional dumbbells and kettlebells.

Wellness Walk—Participate in a 30-minute walking group to get your steps and stay well! Choose from one of the Tiger Trail options depending on the distance you hope to cover.

Zumba - Zumba is a cardiovascular class that combines body sculpting movements with easy to follow dance steps. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning.