

# Group Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9a Cardio Dance w/Barb	9:15a Core Pilates w/Shirley	9a Cardio Dance w/Barb	9:15a Core Pilates w/Shirley	9:15a Yoga w/Shirley	9:30a Pilates w/Barb
10a Pilates w/Barb	10a Zoom Rhythms w/Beth	10a Pilates w/Barb	10a Zoom Rhythms w/Beth 10:30a Gentle Yoga w/Lauren	10:30a Exerdance w/Shirley (Starts 5/3)	
	11:30a *Balance w/Renee	11a *Tai Chi w/Renee	11:30a *Balance w/Renee (New Time starts 5/10)		11a Yoga w/Lauren
12:15p *Movement & Balance w/Jenya		12:15p *Movement & Balance w/Jenya	12:30p *Moving Forward w/Karen		
5p Half Hour/Whole Body w/Donna 5:30p Lengthen & Strengthen w/Donna (Through 5/22)		5p Half Hour/Whole Body w/Donna 5:30p Lengthen & Strengthen w/Donna (Through 5/22)			

Classes are included in the purchase of a membership or day pass.  
 Class times are subject to change. Pre-registration is recommended.  
 Login to your Mindbody account to pre-register & check for updated class  
 information, or call 231-352-9661.



**BETSIE HOSICK HEALTH & FITNESS CENTER**

 **MUNSON HEALTHCARE** Paul Oliver Memorial Hospital

**Group Fitness classes are led by certified instructors. Classes are held in the Studio or Gym.**

### **Cardio**

**Cardio Dance:** Keep your heart rate elevated and get at least 5000 of your recommended 10K steps per day, while grooving to timeless hits! Instructor: Barb

**Zoom Rhythms:** Enjoy cardio movement at your pace! Dance to upbeat pops, oldies, Latin Rhythms and more! Instructor: Beth

### **Pilates**

**Pilates:** Strength, stretching, and flexibility exercises which improve posture by enhancing the core, decreasing stress, and creating long lean muscles. Stretch bands, weights, small balls and large Swiss balls are incorporated to ensure diversified workouts. Instructor: Barb

**Core Pilates:** Strength, stretching, and flexibility exercises, improve posture, enhance the core, decrease stress and create long lean muscles. Instructor: Shirley

**Evening Pilates:** Perfect for beginners! Feel how strength, stretching, and flexibility exercises improve posture, enhance the core and decrease stress. Instructor: Barb

### **Yoga**

**Gentle Yoga:** Move through Asanas that promote flexibility and healing, supported by breath. Feel your body's capability with this tension releasing sequence. This practice is designed to leave you feeling rejuvenated, renewed and ready for your day. All levels of Yogi are welcome. Instructor: Lauren

**Yoga:** Good for your mind, body and soul. Yoga practice offers a variety of emotional and physical benefits and compliments other exercise routines. All fitness levels are welcome. Instructors: Shirley

### **Strength Training**

**Half Hour/Whole Body:** This circuit workout starts with a warm-up and moves through stations of cardio and strength training. TRX, Bosu, dumbbells, Cybex machines, medicine balls and body weight exercises. Instructor: Donna

**Lengthen & Strengthen:** Two half hour workouts. Stretch and lengthen for the first 30 minutes, followed by 30 minutes of strength work. Mondays: Upper body Wednesdays: Lower body. Instructor: Donna

### **Functional Motion:**

**Tai Chi:** Reduce stress and improve flexibility, mobility and balance with these gentle, slow movements. Evidence based research has shown that practicing Tai Chi can lead to improved health outcomes for a variety of chronic diseases and mental health conditions, including osteoarthritis, fibromyalgia, Parkinson's, diabetes, lung disease and depression. In addition, this practice can aid in fall prevention and be helpful aid in tolerating the side effects of cancer treatments. Chair assist. Instructor: Renee

**Balance:** Improve posture, strength and flexibility with exercises that are gentle on the joints and target key areas of the body critical for balance. Class is seated with chair assist. Instructor: Renee

**Movement & Balance:** Improve the brain-body connection, coordination, and upper and lower body strength with a goal of increasing stability for daily activities and decreasing the risk of falling. Enjoy upbeat music while participating seated or standing with chair assist. Instructor: Jenya

**Moving Forward:** Incorporating years of evidenced based research showing that large, repetitive and sustained movement combined with exercise benefits people who need general strength conditioning. Other potential benefits include functional endurance training, improved core strength, posture, better balance, cardio training and increased voice volume and voice projection. Chair Assist Instructor: Karen



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