

Holy Redeemer Health & Fitness Center

Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	Silver Sneakers					
9:00 AM	Floorworx	Aquatic Exercise*	Floorworx	Aquatic Exercise* Aerobic Strength & Fitness	Interval Training	Step Plus
9:30 AM		Aerobic Strength & Fitness				
10:00 AM						Aquatic Exercise*
10:15 AM			Silver Sneakers		Silver Sneakers	
10:30 AM						Silver Sneakers
12:00 PM		Aquatic Exercise*		Aquatic Exercise*		
12:30 PM		Yoga*				
1:00 PM		Aquatic Exercise*		Aquatic Exercise*		
2:30 PM		Aquatic Exercise*		Aquatic Exercise*		
3:00 PM		Low Impact Aerobics			Low Impact Aerobics	
5:00 PM	Zumba*			Zumba*		
5:30 PM			Aquatic Exercise *			
6:00 PM			Yoga*			
6:15 PM		Step Plus		Step Plus		
7:15 PM			Yoga*			

Class Descriptions – Schedule Subject to Change

*All Programs available to Fitness Center Members. *Denotes additional payment required.*

Aerobic Strength and Fitness: Exercise to improve your cardiovascular and muscular tone; Class duration 1 hour.

Step Plus: Starts out with an invigorating low impact warm-up. Then step for 30 minutes, followed by weights and finishes with floor work. Duration is 1 hour 15 minutes.

Floorworx: Total body strengthening and stretching program performed with dumbbells and body weight, suitable for those with osteoporosis. This is a weight-bearing class., duration 1 hour.

***Aquatic Exercise:** Total body exercise in the water; Great for those with osteoarthritis; \$80 non-member, \$62 member for 7 weeks, Program Duration 1 Hour. (Limited class size)

Interval Training: Jump back and forth between weight training, aerobic training and abdominal work, class moves quickly and is over before you know it; duration of class 1 hour.

***Low Impact Aerobics:** Exercise program utilizing low impact routines; Non-members \$35, Members no charge for 6 week class. Class duration is 1 hour.

***Yoga:** Gentle, Basic Yoga: Beginners yoga program; \$45 for 8 weeks, Class duration 1 hour.

Silver Sneakers: Exercise Program designed exclusively for seniors – provided by insurance carrier Class duration approx. 1 hour.

***Zumba:** The Latest Dance Sensation that Burns Calories, Tones the Body and gets your Cardio Exercise In!