

# HFI Group Class Descriptions

At HFI we are committed to bringing you teachers of the highest caliber. They do more than teach exercise, they re-educate your mind and body. Feeling good should not be a chore, but a passion! It's not the exercises you do, but how you do the exercises. Enjoy!

**Group Groove:** If you can move, you can groove! Experience a fusion of club, urban and Latin dance styles with supportive, funky, easy-going instructors. No class experience necessary.

**Stretch and Tone:** A gentle stretch class to increase range of motion, improve balance and flexibility. This class will guide you through a variety of stretches combining the ballet barre, using floor techniques and standing at center.

**Yoga:** This is an excellent class to build strength, flexibility and stamina. Yoga includes postures in many positions combined with breathing techniques to lengthen your muscles and relax your mind and body.

**Gentle Yoga:** This class is designed to make yoga approachable for any fitness level. The class is relaxing, easy to do, and very strengthening for the beginner.

**Tai Chi:** This is an ancient exercise class with slow, continuously flowing movements. This class builds strength by improving balance, breathing and flexibility.

**Group Cycling:** Improve your cardiovascular fitness. All teachers will help you to get to know the equipment, set up and learn terminology with a workout designed with your goals in mind. The instructor will take you on a journey consisting of hills and flat roads, teach proper techniques and introduce you to heart rate training..

**Backs Plus:** This class is designed for anyone who gets occasional to chronic backache. It will address the effect stress has on our bodies and supply the means necessary to relieve the discomfort. Very effective for people with arthritis, osteoporosis or fibromyalgia. All types of tension areas are helped: neck, TMJ, shoulder, carpal tunnel, sleeplessness, headaches etc.

**CardioFix/Stretch Mix:** 30 minutes of cardio and 20 minutes of core strengthening and flexibility exercises.

**Senior Health Walk:** Start out your day with a cardiovascular workout followed by a short period of weight training and stretching! This class meets on the Track.

**Senior Circuit Class:** A group class for seniors that will include cardiovascular exercises, weights and flexibility.

**Ball Therapy/Petrone Method:** The Petrone Method of Ball therapy is an unusual approach. It is a non-exercise class excellent for stress reduction and releasing tight inflexible muscles. It reshapes your body without exercise. A small ball may be used under specific parts of the body. Breathing and body awareness are emphasized.

**Pilates Mat Class:** This class focuses on flexibility for a longer leaner look to your body. The mat class will be based on a body conditioning technique that emphasizes strong abdominal muscles and torso strength.

**Group Power:** A strength and conditioning class easily adjusted to all levels, challenging and extremely effective for toning and flexibility. A fun new addition to our group exercise schedule.

**T.A.G.:** Circuit training with various equipment that will help shape, tone and strengthen the whole body. Added balance and flexibility exercises will help improve T (torso), A (abdominals), G (glutes).

**Zumba:** The Zumba® program fuses Latin rhythms and easy-to-follow moves to create a fitness program based on fun! The routines feature interval training sessions where fast and slow rhythms of dances like salsa, samba, cha cha, rumba, and many more are combined to tone and sculpt the entire body.

**Guided Yoga and Meditation:** A gentle Yoga class combined with a guided meditation. Excellent for reducing stress and easing tight muscles.

†See Fee for service flyer for descriptions and dates for all of these classes.

We look forward to meeting you. Our schedule is subject to change so check our website at [TheHealthandFitnessInstitute.com](http://TheHealthandFitnessInstitute.com) or call (203) 355-4567.

## HFI Group Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 - 7:00 <b>Group Cycling</b> Eileen	6:15 - 7:15 <b>Group Power</b> Jinger	6:15 - 7:00 <b>Group Cycling</b> Don	6:15-7:15 <b>Group Power</b> Jinger		8:00 - 9:00 <b>Cycling</b> Mandy	8:15 - 9:10 <b>Group Cycling</b> Gail
7:30 - 8:30 <b>Gentle Yoga</b> Elysa	8:30 - 9:30 <b>Group Cycling</b> Tamara	7:30 - 8:30 <b>Gentle Yoga</b> Elysa	8:30 - 9:30 <b>Group Cycling</b> Mandy	8:45 - 9:45 <b>T.A.G.</b> Ivana	9:15 - 10:15 <b>Yoga</b> Michael	9:15 - 10:15 <b>Group Power</b> Julienne
8:30 - 9:30 <b>Group Groove</b> Fran	9:30 - 10:30 <b>Senior Conditioning</b> Ivana	8:30 - 9:30 <b>Group Groove</b> Fran	9:30 - 10:30 <b>Senior Conditioning</b> Linda V.		10:30-11:30 <b>Zumba</b> Myla	
9:15 -10:15 <b>Senior Health Walk</b> Track Upstairs	10:45 - 11:45 <b>Backs Plus</b> Elaine	9:15 - 10:15 <b>Senior Health Walk</b> Track Upstairs		10:00-10:45 <b>Group Power Express</b> Fran	11:30 - 11:45 <b>Zumba Abs</b>	10:30 - 11:30 <b>T.A.G.</b> Ivana
9:30 - 10:30 <b>Cardio Fix/Stretch Mix</b> Fran		9:30-10:30 <b>Cardio Fix/Stretch Mix</b> Fran	10:45 - 11:45 <b>Pilates</b> Rachel	10:45 - 11:45 <b>Stretch and Tone</b> Fran		
10:45-11:45 <b>Group Power</b> Fran	12:00 - 1:00 <b>Cardio Dance</b> Gail	10:45-11:45 <b>Group Power</b> Fran	12:00 - 1:00 <b>Ball Therapy Stress Redux</b> Elaine	11:45-12:45 <b>Group Groove</b> Gail	12:00 - 1:00 <b>Cycling</b> Gail	11:45 - 12:45 <b>Yoga &amp; Guided Meditation</b> Tracy
12:00-1:00 <b>Pilates Mat</b> Julienne	1:00 - 2:00 <b>Pilates on the Ball</b> Lorna	12:00 - 1:00 <b>Yoga</b> Michael	**1:00 - 2:00 <b>Whole Body Moves</b> Elaine	1:00-2:00 <b>Tai Chi</b> Ken		
				2:00 - 3:00 <b>Yoga</b> Michael		
4:00 - 5:00 <b>Yoga</b> Michael	4:30 - 5:15 <b>Group Power Express</b>		4:20 - 5:20 <b>Yoga</b> Michael			
5:30 - 6:30 <b>Ball Therapy Stress Redux</b> Elaine	5:30 - 6:30 <b>Group Power</b> Fran		5:30 - 6:30 <b>Group Power</b> Fran			
	6:00 - 7:00 <b>Pilates Mat</b> Studio B Sam	5:30 - 6:30 <b>Group Groove</b> Julienne	5:30 - 6:30 <b>Gentle Yoga</b> Studio B Robert			
	6:30 - 7:30 <b>Tai Chi Brace</b> Auditorium			6:00 - 7:00 <b>Tai Chi</b> Studio A Ken		
	6:30 - 7:30 <b>Zumba</b> Myla	6:45 - 7:45 <b>Group Cycling</b> Mandy	6:30 - 7:30 <b>Power Yoga</b> Studio A Rita			
7:00 - 8:00 <b>Yoga</b> Rita	7:30 - 8:30 <b>Group Cycling</b> Myla		7:30 - 8:30 <b>Group Groove</b> Fran			

\* Must sign up. Call 276-4973.

\*\* This class is a continuation of the 12:00 class Ball Therapy.

Pedometers and Heart Rate Monitors may be purchased at the front desk.

Please arrive 10 minutes early for all group exercise classes.

Participants arriving 10 minutes or later may not enter class for safety reasons.

All classes are in **Studio A** unless otherwise noted.

Schedule is subject to change. Please check our website at [TheHealthandFitnessInstitute.com](http://TheHealthandFitnessInstitute.com) for updates.

 = BCC recommended classes

## HFI Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:30 - 10:30 <b>Aquafit</b> Tamara		9:30 - 10:30 <b>Aquafit</b> Gail	9:30 - 10:30 <b>Aquafit</b> Tamara	9:15 - 10:00 <b>Aquafit Lite</b> Mandy	9:00 - 10:00 <b>Aquafit</b> Elizabeth
11:00 - 12:00 <b>Aquafit Lite</b> Gail	11:00 - 12:00 <b>Deep Water</b> Tamara	11:00-12:00 <b>Aquafit</b> Tamara	10:30-11:30 <b>Water Walking</b> Gail	12:30-1:30 <b>Aquafit</b> Fran	10:00-11:00 <b>Aquafit</b> Darah	10:00-12:00 <b>Open Therapy Pool Time</b>
12:30-1:30 <b>Aquafit</b> Gail	*12:30-1:30 <b>Aqua-Arthritis</b> Tamara	*12:00-1:00 <b>Aqua-Arthritis</b> Lorna	*12:30-1:30 <b>Aqua-Arthritis</b> Gail	*1:30-2:30 <b>Aqua-Arthritis</b> Fran	11:00-11:45 <b>Ai Chi</b>	
*1:30-2:30 <b>Aqua-Arthritis</b> Gail	*1:30-2:30 <b>Ai Chi/Mind Body Balance</b> Tamara		*1:30-2:30 <b>Ai Chi/Mind Body Balance</b> Gail		**11:45-1:00 <b>Therapy Pool Open</b>	
5:30-6:30 <b>Aquafit</b> Tamara		5:30-6:30 <b>Aquafit</b> Tamara	4:30-5:30 <b>Aquafit</b> Fran	5:30-6:30 <b>Aquafit</b> Tamara		
6:30-7:30 <b>Hydrofit</b> Tamara	**5:00-7:00 <b>Therapy Pool Open</b>	*6:30-7:30 <b>Ai Chi</b> Tamara	6:00 - 7:00 <b>Aquafit</b> Matt	6:30-7:15 <b>Ai Chi</b> Tamara		
	6:00-7:00 <b>Aquafit</b> Matt					

**AQUA ARTHRITIS:** This program is nationally recognized for people with arthritis, fibromyalgia, and chronic pain.

**AQUAFIT LITE:** Stride, strengthen & lengthen as you walk through the resistive pool environment. This class is a combination of Aqua Fitness, Water Walking with Pool Equipment to exercise your heart, lungs, and all major and minor muscle groups. All fitness levels are welcome!

**AQUAFIT:** Improve your cardiovascular fitness, burn fat, build muscle and increase your flexibility in this low impact class - and have some fun! This water aerobic workout consists of standing in rib-to-chest deep water, and jogging, running, bicycling, marching, boxing, cross country ski, jumping jacks, lunges and knee lifts. Equipment (such as foam dumb bells) and music compliment this well-balanced, non-swimming program for all fitness levels.

**HYDROFIT:** This class will provide a total body workout including cardio endurance, strength, and flexibility. The majority of time will be spent in the deep water with flotation belts so nonswimmers are welcome. All levels of fitness will be challenged!

**AI CHI:** A mind body balancing class in the warm therapy pool. Benefits include improved balance, flexibility, core strength, joint mobility, relaxation and a higher caloric consumption rate.

**WATER WALKING:** Challenge your strengths thru balance and flexibility with walking movements. This type of class can be modified to all fitness levels.

**DEEP WATER:** Deep water class will be held in the deeper water. This is a more challenging class using equipment specific to this program.

\* **This Class is in the therapy pool. All other classes are in lap pool.**

\*\***This is supervised Open Therapy Pool time - not a class.**

*Schedule is subject to change. Please check our website at [TheHealthandFitnessInstitute.com](http://TheHealthandFitnessInstitute.com) for updates.*

## HFI Fee for Service Schedule

We believe all the classes are special. But because of this they can be very large. So we offer these smaller classes that allow even greater interaction with the teacher and then meeting the more specific needs of each individual. Non-members are encouraged to participate; tell your friends and receive 20% off your next class.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*7:30-8:30 <b>Gentle Yoga</b> Elyse						
*12:00-1:00 <b>Pilates Mat</b> Julienne				*1:00-2:00 <b>Tai Chi</b> Ken		
		2:00-3:15 <b>Advanced Backs Plus</b> Elaine				
	*6:00 - 7:00 <b>Pilates Mat</b> Studio B Sam	5:30 - 6:30 <b>Prenatal Fitness</b>	*5:30-6:30 <b>Gentle Yoga</b> Studio B			
	*6:30-7:30 <b>Tai Chi</b> Ken		6:30 - 7:30 <b>Backs Plus</b> Studio B Elaine			

**Group Personal Training: Training with friends, families, or your significant other: Your personal trainer puts you in a fun and comfortable atmosphere where you can train hard and cheer each other on!**

\* These classes are free to members.

All programs can be prorated for dates and times. Please ask the front desk or call 276-4567.

## HFI Pilates Reformer Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		4:20 - 5:20 <b>Pilates Reformer</b> Rachel				
+5:30-6:30 <b>Pilates Reformer</b> Studio B Rachel		5:30 - 6:30 <b>Pilates Reformer</b> Rachel				
+6:45 - 7:45 <b>Pilates Reformer</b> Sam						

We offer **Pilates Reformer Personal Training**. Work your whole body with the Pilates one-on-one sessions. Guided by our trained professional, you will strengthen and lengthen your muscles, especially your core abdominals. The individual attention will help you maximize your success! Ask the Fitness desk for more information.