

**Healthplex Fitness Classes**  
**6301 Forest Hills Dr. NE, 87109**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	8:30 - 9:00 a.m. Ab Express		8:30 - 9:00 a.m. Ab Express	8:00 - 9:30 a.m. Yoga	
	9:00 - 9:30 a.m. Stride Express		9:00 - 9:30 a.m. Stride Express		
	9:00 - 10:00 a.m. Yoga		9:00 - 10:00 a.m. Yoga		
				10:00 - 10:45 a.m. Chair Class	10:00 - 10:45 a.m. Chair Class
11:00 a.m. - 12:00 p.m. Zumba		11:00 a.m. - 12:00 p.m. Fire & Ice		11:00 - 12:00 p.m. Zumba	
				11:30 - 12:00 p.m. Chair Class	
	12:00 - 12:30 p.m. Chair Class		12:00 - 12:30 p.m. Chair Class		
	1:30 - 2:30 p.m. T'ai Chi Chih (Must know 19 poses to participate)		1:30 p.m. - 2:30p.m. T'ai Chi Chih (Must know 19 poses to participate)		
5:30 - 6:00 p.m. Ab Express		5:30 - 6:00 p.m. Ab Express		5:30 - 6:00 p.m. Ab Express	
6:05 - 7:05 p.m. Power Sculpt		6:05 - 7:05 p.m. Zumba			
	6:45 - 7:45 p.m. Yoga		6:30 - 7:45 p.m. Yoga		

## Class descriptions:

**Ab Express\***: 30-minute workout emphasizing trunk exercises to strengthen, stabilize, and balance the core.

**Chair Class**: Using chair assisted exercises, this class works on improving strength, flexibility, and balance.

**Fire & Ice\***: 20 minutes of cardio, 20 minutes of toning and 20 minutes of Zen (yoga).

**Stride Express**: 30-minute indoor, low to moderate intensity cardio session. Use this indoor walking workout with basic steps to burn more calories and amp up your walk.

**Power Sculpt\***: One hour class focusing on improving strength, power and balance. Weights, resistance bands, fitness balls and steps will enable the participant to create the perfect challenge to reap the benefits of strong and flexible muscles.

**T'ai Chi Chih** - Consisting of 19 movements and 1 pose, T'ai Chi Chih generates, circulates and balances the Vital Force or Chi, helps to improve health, creativity, performance and intuition. *This class is for participants who are already familiar with the 19 poses.*

**Yoga\***: Through a series of yoga poses, this class helps you build strength, increase flexibility, and improve posture, while soothing the body and mind. Yoga also focuses on breathing awareness exercises and deep relaxation.

**Zumba**: The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: Work out and have fun, to love working out and enjoy your workout. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

**PLEASE NOTE**: *Individuals wishing to participate in classes denoted with (\*) must be able to get up and down from the floor independently.*