

Wellness Works of Self Regional Healthcare

We offer between 40 and 50 aerobic, step, strength training, pacing, and mind and body classes each week. We are offering a wide variety of fitness levels with each class offering a different set of challenges. Below are a list of classes, select the ones that you feel will match YOUR skill level and YOUR individual fitness abilities. (See the Skill Level Chart below.) If you have any questions, please feel free to ask someone at the front desk, one of the personal trainers, or one of the instructors. Cross-train by taking several different types of classes over a period of time. ENJOY!!!

CLASS SKILL LEVEL CHART

Level I: Appropriate for beginning exercisers or those learning new exercise skills. Great introductory class. Limited to basic aerobic and step patterns and combinations.

Level II: Appropriate for intermediate and advanced participants who have a basic knowledge of fitness skills and terminology. Modifications, variations, and a limited amount of teaching of the patterns and combinations are provided. Strength moves, linear moves, some propulsion moves, and additional new moves are included.

Level III: Classes that are designed to physically challenge the regular exerciser. Both physically and mentally challenging, includes creative combinations, intense strength training, and can include 30 to 60 minutes of cardiovascular training.

All Levels: From beginner to advanced participants welcomed. Intensity is determined by the participant as to height of step, amount of weight used, adding propulsion moves, etc. You set your own pace and intensity.

AEROBIC

FITNESS FIRST: 60-minute class of intermediate floor aerobics followed by total body conditioning. **Levels I & II**

- **ZUMBA:** 60 minute dance class featuring latin based music and easy to follow dance moves. **All Levels**
- **ZUMBAGOLD:** 60 minute beginner dance class featuring latin based music and easy to follow dance moves. **Level I**
- **CARDIODANCE:** 60 minute class of aerobic dance moves followed by total body conditioning. **Levels I & II**

COMBINATION CLASSES

(these classes can be aerobics or step based)

- **CATWALK:** 60-minute class consisting of Pilates based moves along with cardiovascular intervals emphasizing balance and coordination **All Levels**
- **BIG AND SMALL:** 60 minute class of Pilates based moves concentrating on core muscles. **All Levels**
- **TOTAL BODY:** a 90 minute class— 5 minute dance warmup; 30 minute aerobics; 30 minute upper body weights; 30 minute abs & cooldown. **All Levels**
- **INTERVAL:** 60 minute class of cardiovascular exercise with intervals of strength and conditioning work. **Level II & III**
- **CARDIOFUSION:** 60 minute class 20 minutes aerobics 20 minutes Step and 20 minutes of abs. **Level II**

- **PILOXING:** 60 minute fusion class of boxing, pilates, and dance all done in an interval format. **All Levels**
- **ZUMBALATTES:** 60 minute fusion class of Zumba dance moves mixed with intervals of Pilates moves. **Level II**

CYCLING

- **PACE:** 45-60 minute class of power cycling on Kieser® Stationary Bikes in an aerobic class setting (intense calorie burner). **All Levels**

MIND & BODY

- **GENTLE YOGA:** 60-minute class of basic yoga postures that are more gentle to the body. **Level I**
- **BEGINNING YOGA:** 60-minute class designed to teach the basic yoga postures. It will build strength, increase flexibility, energize and relax the body, as well as, the mind. **Level I**
- **PILATES:** 75-minute class that is designed to condition the body & mind— strengthens core muscles (abs, chest, back, & buttocks), improves posture, reduces lower back pain, & increases flexibility for a stronger, leaner, more supple body. **All Levels**
- **HOT YOGA:** 75- minute class of yoga movements in an 85 degree room. This class will build total body strength and flexibility. Be sure to bring water. **Levels II & III**
- **YOGA:** 75-minute class of revitalizing the mind, body and spirit w/strength and flexibility postures followed. You build strength, increase flexibility, energize and relax the mind and spirit. **All Levels**
- **YOGA/PILATES:** 75-minute class of beginner Pilates®-type movement in combination yoga postures and poses. **All Levels**

STEP

(Also see Combo Classes)

- **STEP II:** 60-minute class of intermediate aerobic exercise patterns and combinations followed by strength training. **Level II**

STRENGTH TRAINING

(also see Combo Classes)

- **BEG WWRT:** 60 minute beginner strengthening class working all the major muscle groups in intervals **Level I**
- **WWRT: Wellness Works Resistance Training** — 75-minute strengthening class working all the major muscle groups in intervals. **Level III**
- **BIG & SMALL:** 60 minute strengthening class for core muscles utilizing big and small balls. **All Levels**

WATER AEROBICS

60-minute class of water resistance cardio exercises; a fun workout!

All Levels

(held at Optimum Life Center)

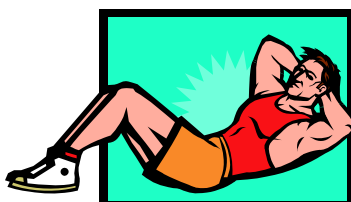
PAID CLASSES

(see front desk for details)

- **TRX30:** 30 minute class of intermediate suspension training focusing on strength, balance and core muscles. **Level I**
- **Beg TRX:** 60 minute beginner class of suspension training focusing on strength, balance, and core muscles. **Level I**
- **INTRX:** 60 minute class of intermediate suspension training focusing on strength, balance and core muscles. **Level II**
- **ADVTRX:** 60 minute class of advanced suspension training focusing suspension training focusing on strength, balance, and core muscles **Level III**

Group Exercise Staff

Vicki Alewine	Kathy Murff
Sonya Bethea	Jan Rushton
Gina Brown	Lorraine Stockman
Stephanie Carter	June Van Cleaf
Crystal Dunlap	
Kathy Durham	
Tiffany Keyes	



HOURS OF OPERATION

Mon—Thurs	5:00 AM—9:00 PM
Friday	5:00 AM—7:00 PM
Saturday	8:00 AM—12:00PM
Sunday	1:00 PM— 5:00 PM

NURSERY HOURS

Mon—Fri Mornings:	8:00 AM—12:00 PM
Mon—Thu Evenings:	4:30 PM—7:30 PM
Fri Evenings:	4:30 PM—7:00 PM
Saturdays:	8:00 AM—12:00PM
<i>(1 1/2 Hours Maximum Nursery Visit)</i>	