

## Wellness Works of Self Regional Healthcare

We offer between 50 and 60 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 CLASSES

- **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**

#### COMBINATION CLASSES

*(these classes can be aerobics or step based)*

- **LI-PILATES** (Low-impact Step & Pilates): 75-minute combination class: 30-minutes of low-impact aerobics and 45-minutes of Pilates®-mat work. **Levels I & II**
- **PILATES CIRCUIT TRAINING:** a 75-minute class alternating 3.5 minutes on the bench with 1.5 minutes of Pilates® followed by a 10 to 15 minute condition-ing session. **Level III**
- **CIRCUIT II:** a 90 minute class—5 minute dance warmup; 25 minute circuit; 20 minute cycle; 20 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**
- **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 Kiser® Stationary Bikes in an aerobic class setting (intense calorie burner). **All Levels**

#### MIND & BODY

- **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**
- **POWER YOGA:** 75- minute class of intense yoga movement designed for those that want more than just the traditional yoga postures. This class will build total body strength and flexibility; be prepared for a full body workout followed by a very relaxing cooldown. **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**

- **FLOW YOGA:** 75-minute class of intermediate yoga poses maintaining fluidity of movement. Incorporates Aroma and Heat therapy in the final relaxation. **Level II**

#### STEP

*(Also see Combo Classes)*

- **BEGINNING STEP:** 60 minutes teaching you terminology, movement patterns, strength training, and stretching. **Level I**
- **STEP II:** 60-minute class of intermediate aerobic exercise patterns and combinations followed by strength training. **Level II**

#### STRENGTH TRAINING

*(also see Combo Classes)*

- **BUTT, ABS & THIGHS (BAT):** 45 - minute class of toning and conditioning work concentrating on those problem areas that we all complain about; develops balance and core muscles (abs, buttocks, chest & back) **All Levels**
- **WWRT: Wellness Works Resistance Training** — 60-minute strengthening class working all the major muscle groups in intervals. **All Levels**
- **ABS**— 30 minute class of core strengthening. **All Levels**

#### WATER AEROBICS

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

**All Levels**

**(held at Optimum Life Center)**

#### KIDS CLASSES

**WWPK** 30-minute class of moving and grooving designed to help 3&4 year olds with hand eye coordination and gross motor skills.

### Group Exercise Staff

Candi Adams	Tiffany Keyes
Selynto Anderson	Kathy Murff
Sonya Bethea	Vicki Redding
Gina Brown	Jan Rushton
Stephanie Carter	Lorraine Stockman
Crystal Dunlap	June Van Cleaf
Kathy Durham	



### 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>	