





Group Fitness Schedule

Wel at Humana - Upper Level Studio



PROFESSIONALLY
MANAGED BY
EXOS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15am – 8:00am Total Body Fitness <i>Melissa</i>	6:45am – 7:30am Boot Camp <i>Ally</i>	7:15am – 8:00am Total Body Fitness <i>Ally</i>	6:45am – 7:30am Boot Camp <i>Ally</i>	7:15am – 8:00am Total Body Fitness <i>Melissa</i>		
11:15am – 12:00pm PowerBlox Boot Camp <i>Kelli Pierce</i>	11:15am – 12:00pm PowerBlox Boot Camp <i>Kelli Pierce</i>	11:15am – 12:00pm PowerBlox Boot Camp <i>Kelli Pierce</i>	11:15am -12:00pm PowerBlox Boot Camp <i>Dana Price</i>	11:15am – 12:00pm PowerBlox Boot Camp <i>Kelli Pierce</i>	10:00am – 11:00am Boot Camp <i>Kim</i>	
12:05pm – 12:20pm PowerBlox AB ATTACK! <i>Kelli Pierce</i>	12:05pm – 12:20pm PowerBlox AB ATTACK! <i>Kelli Pierce</i>	12:05pm – 12:20pm PowerBlox AB ATTACK! <i>Kelli Pierce</i>	12:05pm – 12:20pm PowerBlox AB ATTACK! <i>Dana Price</i>	12:05pm – 12:20pm PowerBlox AB ATTACK! <i>Kelli Pierce</i>		
12:25pm – 12:55pm PowerBlox Cardio Kickboxing <i>Tracie Boddy</i>	12:25pm – 12:55pm PowerBlox Tabata <i>Dana Price</i>	12:25pm – 12:55pm PowerBlox Cardio KickBoxing <i>Dana lee</i>	12:25pm – 12:55pm PowerBlox Tabata <i>Dana Price</i>	12:25pm – 12:55pm PowerBlox Boot Camp-30 <i>Tracie Boddy</i>		
1:05pm – 1:35pm PowerBlox Total Body Fitness <i>Tracie Boddy</i>	1:05pm – 1:35pm PowerBlox Total Body Fitness <i>Dana Price</i>	1:05pm – 1:35pm PowerBlox Total Body Fitness <i>Tracie Boddy</i>	1:05pm – 1:35pm PowerBlox Total Body Fitness <i>Dana Price</i>	1:05pm – 1:35pm PowerBlox Total Body Fitness <i>Tracie Boddy</i>		
4:30pm – 5:15pm Circuit Training <i>Zoe</i>	1:45pm – 2:30pm  <i>Heather</i>	4:30pm – 5:15pm Circuit Training <i>Zoe</i>	1:45pm – 2:30pm  <i>Heather</i>			
	4:00pm – 5:00pm Taekwondo *Fee for service class <i>Kevin Manwell</i>		4:00pm – 5:00pm Taekwondo *Fee for service class <i>Kevin Manwell</i>			
5:15pm – 6:00pm  <i>Heather</i>		5:15pm – 6:00pm  <i>Heather</i>				
	6:00pm – 7:00pm Boot Camp <i>Zach</i>		6:00pm – 7:00pm Boot Camp <i>Adam Carney</i>			

Group Fitness Schedule

Wel at Humana - CycleStudio



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am – 7:15am SPIVI Courtney	6:15am – 7:15am SPINNING Kristen	6:15am – 7:15am SPIVI Kristen	6:15am – 7:15am SPIVI Abbas		8:00am – 9:00am SPINNING Chase	
11:30am – 12:00pm PowerBlox SPIVI Chase	11:30am – 12:00pm PowerBlox SPIVI Johnna	11:30am – 12:00pm PowerBlox SPIVI Ginny	11:30am – 12:00pm PowerBlox SPIVI Johnna	11:30am – 12:00pm PowerBlox SPIVI Ginny		10:00am – 11:00am SPINNING Kelly Nord
12:15pm – 12:45pm PowerBlox SPIVI Chase	12:15pm – 12:45pm PowerBlox SPIVI Johnna	12:15pm – 12:45pm PowerBlox SPIVI Ginny	12:15pm – 12:45pm PowerBlox SPIVI Johnna	12:15pm – 12:45pm PowerBlox SPIVI Ginny		
1:00pm – 1:30pm PowerBlox SPIVI Chase	1:00 – 1:30p PowerBlox SPIVI Johnna	1:00pm – 1:30pm PowerBlox SPIVI Ginny	1:00pm – 1:30pm PowerBlox SPIVI Johnna	1:00pm – 1:30pm PowerBlox SPIVI Ginny		
	4:30pm – 5:30pm Intro to Cycle Abbas		4:30pm – 5:30pm Intro to Cycle Johnna			
5:30pm – 6:30ppm SPINNING Kelly		5:30pm – 6:30pm SPINNING Kelly				
	6:30pm – 7:30pm SPIVI Abbas					

Group Fitness Schedule

Wel at Humana - Lower Level Studio



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EXOS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45am – 6:45am Gentle Yoga <i>Michelle</i>		5:45am – 6:45am Gentle Yoga <i>Michelle</i>			
6:15am – 7:15am Morning Core Flow <i>Stephanie</i>		6:15am – 7:15am Morning Core Flow <i>Stephanie</i>			9:00am – 10:00am Vinyasa Flow Yoga <i>Megan</i>	
11:15am - 12:00pm PowerBlox Mat Pilates <i>Linda</i>	11:15am - 12:00pm PowerBlox Yoga Flow <i>Michelle</i>	11:15am - 12:00pm PowerBlox Mat Pilates <i>Linda</i>	11:15am – 12:00pm PowerBlox Move & Play Yoga <i>Stephanie</i>	11:15am - 12:00pm PowerBlox Vinyasa Flow Yoga <i>Stephanie</i>		
12:15pm – 1:00pm PowerBlox Barre <i>Linda</i>	12:15pm – 1:00pm PowerBlox Vinyasa Flow Yoga <i>Ashley-Brooke</i>	12:15pm - 1:00pm PowerBlox Barre <i>Linda</i>	12:15pm – 1:00pm PowerBlox Vinyasa Flow Yoga <i>Stephanie</i>	12:15pm - 1:00pm PowerBlox Vinyasa Flow Yoga <i>Ashley-Brooke</i>		
5:30pm – 6:30pm Power Yoga <i>Kristen</i>	4:30pm – 5:30pm Slow Flow Yoga <i>Emily</i>	5:30pm – 6:30pm Power Yoga <i>Stephanie</i>	4:30pm – 5:30pm Slow Flow Yoga <i>Stephanie</i>			

Wel at Humana - Class Descriptions



PowerBlox

Compact, stackable midday group fitness classes designed to give those with a busy lifestyle, the flexibility to create a lunchtime workout that works for them. From 11am – 1pm, a variety of 15 to 45 minute group fitness classes can be mixed and stacked to suit your workout needs and schedule.

Bootcamp

This total body class focuses on achieving muscular strength through choreographed exercises targeting all muscle groups. This is a perfect class for someone looking to build strength. Think of this as a group personal training session – with great music and a lot of personality! Appropriate for all fitness levels.

Cardio Kickboxing

Jab! Cut! Hook! Kick! This class combines aerobic and anaerobic boxing drills designed in a cardio-choreographed fashion. Short, quick movements with high repetition challenge your heart rate while toning muscles. Sweat it out in this class! All levels welcome.

Tabata

A courageous, daring and dynamic conditioning experience: 20 second bouts of high intensity training followed by 10 seconds of rest X8. Four minute intervals to increase athletic performance, and decrease bodyfat.

ABATTACK!

15 Minutes to firm your deep abdominal muscles to shrink your waist, improve your posture, and gain more confidence!

TotalBody Fitness

Focus on toning and strengthening your muscles using various pieces of equipment (dumbbells, steps, resistance bands, medicine balls, and more!) This class is designed to teach you proper form and execution of many different exercises while. All levels are welcome; modifications to exercises are always offered.

Zumba™

Zumba combines high energy, captivating music with latin inspired moves that will leave you asking for more. Zumba is a “feel good” workout geared toward all levels.

STRONG by Zumba™

STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Come join the fun!

Taekwondo

A great way to improve fitness, confidence and self-defense skills. Classes follow a traditional style of Taekwondo, focusing on the total development of individuals and self-defense skills. Taekwondo is open to everyone, no matter what your current level of fitness. Belt test available at the end of each cycle.

Circuit Training

A form of body condition and resistance training using high intensity aerobics. It targets strength building and muscular endurance.

Spivi Indoor Cycling

Spivi studio delivers the ultimate indoor cycling experience! Spivi technology performs real-time data and displays it on a screen in multiple views such as leaderboard, color coded zones, and a whole lot more! Tracking helps you reach your goal with a live stimulating visual feedback. Two minutes into training with Spivi Studio and Bang, you're hooked!

Spinning

A high energy indoor cycling class led by a motivating instructor and accompanied by the instructor's unique playlist of powerful and energizing music.

Into to Cycle

Instructor-led class on an indoor bike. Includes instructions on bike setup and introduction to the structure of a cycling class format.

Wel at Humana - Class Descriptions



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Barre

Barre classes use a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements! All fitness levels welcome.

Slow Flow Yoga

Slow Flow Yoga captures the spirit of a vinyasa class in a more mindful pace for those looking to build breath awareness and inner calm. Come prepared to be invigorated and restored as you creatively explore postures, build strength and openness. This an All Levels class.

Move and Play

Blow off steam from the workweek while improving your mobility and strength. Each week in Movement and Play you will practice movement games that build camaraderie and make you a better problem solver. Increase your resilience, agility and functional movement. All levels welcome!

Mat Pilates

Think "long lean body". This class focuses on strength and flexibility of the major muscle groups and is based on the traditional studies of Joseph Pilates. If you're not sure if yoga or pilates is for you, try mat pilates. The exercises combine core activities and breathing/relaxing. All levels welcome.

Gentle Yoga

De-stress with this relaxing class that focuses on meditation and breathing. Smooth movements help participants achieve better posture, flexibility, balance, and strength while meditation helps to improve focus. All levels welcome.

Vinyasa Flow Yoga

Vinyasa Yoga, also called flow because of the smooth way that the poses run together, is one of the most popular contemporary styles of yoga. Each movement is synchronized to a breath. Vinyasa's strength is in its diversity. If you appreciate having things a little loose and unpredictable and like to keep moving, this style is definitely worth a try!

Morning CoreFlow

A mindful, breath centered practice with smart sequencing, bodyweight exercises, and functional movement techniques that emphasize core stability. Come salute the sun, build strength and advance your yoga practice.

Power Yoga

A vigorous, fitness-based approach to Vinyasa-style Yoga. Power Yoga takes the athleticism of Ashtanmga including many Vinyasas while teaching several new poses.

EXOSCircuit Small Group Training

This class helps people move more and move better using engaging technology that delivers programmable, circuit-based workouts. Be sure to pre-register!

QueenaxBoost (Intro)

This 30 minute total body workout optimizes time and results with Super functional™ total body training. Be sure to pre-register!

QueenaxBoost

This 30 minute total body workout offers to meet you at your ability level and challenge you using progressions based off movement learned in the Queenax Boost (Intro) class. Be sure to pre-register!

QueenaxCore

This 30 minute workout targets your core muscles to improve stability and strength with this high energy program that incorporates coordination, strength, and stamina. Be sure to pre-register!

Queenax MetabolicFit

Get lean and strong with this 50 minute high intensity interval training workout that will enhance your metabolism while improving your overall fitness level. Be sure to pre-register!