Group Fitness Schedule
Jan-Mar 2018

Monday
6–6:30 a.m. Resistance training-Kim
6:30–7 a.m. Core & Stretch-Kim
7–7:30 a.m. Zumba®-Kim
9:30–10:30 a.m. Tai Chi/Qigong-Toni
12:00-12:30 p.m. Zumba®- Solhee
12:30-1:00 p.m. Zumba®- Solhee
4:30–5:30 p.m. Zumba®-Nellie
5:40–6:40 p.m. Yoga-Perry Layne

Tuesday
5:15-6:15 p.m. Yoga-Sarah Elizabeth
*11:00-11:30 a.m. Chair Yoga- Lesley
*11:30 a.m.-12:00 p.m. Chair Yoga- Lesley

Wednesday
6–6:30 a.m. Resistance Training-Kim
6:30–7 a.m. Core & Stretch-Kim
7–7:30 a.m. Zumba®-Kim
9–10 a.m. Pilates Mat-Frederika
11:30-12:00 p.m. Yogalates-Meri
12-12:30 p.m. Resistance Training-Meri
12:30-1 p.m. Resistance Training-Meri
4:30-5:30 p.m. Zumba®-Solhee
5:30–6:30 p.m. Step Into Life-MaryAnn (Creative Dance)

Thursday
9:30–10:30 a.m. Tai Chi/Qigong-Toni
10:30–11:25 a.m. Yoga-Charlotte
11:30 a.m.-12:00 p.m. Yoga-Charlotte
5:15–6:15 p.m. Yoga/Qigong-Sarah Elizabeth

Friday
6-6:30 a.m.Cardio Intervals (HIIT)-Jillian
6:30-7 a.m. Core Yoga-Jillian
10–11 a.m. Yoga-Carla
11:30-12:00 p.m. Pilates Mat-Frederika
12:00-12:30 p.m. Pilates Mat-Frederika
12:30-1 p.m. Resistance Training-Frederika

HCI outpatients, caregivers and staff of all fitness levels are welcome
All classes are free of charge and meet in the Cancer Learning Center Multipurpose Room,
6th floor of the Cancer Hospital.
*Chair Yoga meets in the Huntsman Cancer Hospital 6th floor Point Bistro Private Dining Room
For more information call 801-587-4585
WWW.FACEBOOK.COM/GROUPS/HCIWELLNESSCENTER
Personal Optimism With Exercise Recovery  
(Power)  
Group Fitness Class Descriptions

**Cardio Intervals (HIIT):** High Intensity Interval Training is an effective and efficient workout that involves repeated bouts of high energy movement followed by varied recovery times. Modifications will be given for people of all fitness levels.

**Chair Yoga:** is a great class for beginners and accessible to all levels. You will learn many yoga postures, breathing techniques, meditation and ways of relaxation with the aid of a chair. The chair provides comfortable support allowing for the same benefits as mat yoga without the stress and strain of getting up and down from the floor.

**Core Training:** includes a variety of resistance exercises to strengthen the back, abs, and hips using stability balls, BOSU balance trainers, dumbbells, and resistance bands.

**Pilates Mat:** Similar to yoga, Pilates mat focuses on a basic series of exercises designed to improve core stability, strength, balance, flexibility and posture. Pilates mat helps you be aware of breath, practice spinal alignment and use core muscles.

**Qi Gong:** Coordinates slow, flowing movement and deep rhythmic breathing to create a calm state of mind and is often incorporated into the Tai Chi Classes.

**Resistance Training:** incorporates dumbbells, resistance bands, BOSU balance trainers, and resistance balls to work, strengthen, and build muscular endurance in every major muscle group.

**Step into Life:** is a modern, creative movement class that is therapeutic for the mind, body, and spirit.

**Tai Chi:** Slow, flowing energy movement that improves strength, mindfulness, relaxation, immune system, blood circulation, balance and neuropathy while exploring mindful breathing. Yoga/QiGong Reduces blood pressure, cholesterol, risk of falls, anxiety, stress and pain

**Yoga:** is a nonaerobic exercise program of precise posture, breathing exercises, and mediation.

**Yogalates:** A blend of Yoga and Pilates that combines mind/body practices as well as the principles of stretching, strength training, conditioning and dynamic movement.

**Yoga/Qigong:** is a nonaerobic exercise program of precise posture, breathing exercises, and mediation combined with slow, flowing energy movement that improves strength, mindfulness and relaxation.

**Zumba®:** Ditch the workout join the party!! is a mix of international dance and music designed for all levels of fitness.