Virtual Group Fitness Schedule

May 2020

**Monday**
6-6:30 a.m. Resistance Training-Kim
6:30-7 a.m. Core & Stretch-Kim
7-7:30 a.m. Zumba®-Kim
9:30-10:00 a.m. Tai Chi/Qigong-Toni
10:00-10:30 a.m. Tai/Chi Qigong-Toni
11:30-12 p.m. Barre-Denise
12:00-12:30 p.m. Pilates Mat-Denise
12:30-1:00 p.m. Yoga-Denise
4:30-5:30 p.m. Zumba®-Amy

**Wednesday**
6-6:30 a.m. Resistance Training-Kim
6:30-7 a.m. Core & Stretch-Kim
7-7:30 a.m. Zumba®-Kim
9:30-10:00 a.m. Tai Chi/Qigong-Toni
10:00-10:30 a.m. Tai/Chi Qigong-Toni
11:30 a.m.-12 p.m. Core & Stretch-Frederika
12-12:30 p.m. Resistance Training-Frederika
12:30-1 p.m. Barre-Frederika
4:30-5:30 p.m. Yoga-Jacoby

**Tuesday**
9 a.m.- 9:30 a.m. Minding Motion™-Juan Carlos
9:30 a.m-10 a.m. Minding Motion™-Juan Carlos
10-10:30 a.m. Tai Chi/Qigong-Toni
10:30-11a.m. Tai Chi/Qigong-Toni
5:15-6:15 pm Yoga- Perry Layne

**Thursday**
9:30-10:30 a.m. Tai Chi/Qigong-Toni
10:30-11:25 a.m. Yoga-Charlotte
11:30 a.m.-12 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. Minding Motion™-Juan Carlos
11:30 a.m.-12 p.m. Pilates Mat-Frederika
12-12:30 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. For more information call 801-587-4585 or go to: https://www.facebook.com/groups/hciwellnesscenter/

Instructions to join our live free virtual group fitness classes do the following:
1. Sign up for the class on the Smartsheet Sign-In.
2. Complete the Liability Waiver.
3. Download the Vidyoconnect app to a desktop or mobile device prior to your class start time to join HCI virtual group fitness sessions.

If you have any technology difficulties call Kim at 801-587-4740 or Darren at 801-587-4738
Group Fitness Class Descriptions

**Barre:** combines the best elements of ballet barre with Pilates, sports conditioning and flexibility training.

**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.

**Core & Stretch:** a fusion on flexibility exercises and core conditioning to strengthen the back, abs, and hips using stability balls, BOSU balance trainers, dumbbells, and resistance bands.

**Minding Motion™:** a fun and energizing 60-minute therapeutic and creative movement program done from a chair and standing to help individuals of all levels of experience and abilities to reconnect with their bodies physically, cognitively and emotionally. Drawing from various physical practices participants will improve balance, coordination, postural stability, articulation, fine and gross motor functioning, as well as cognition all wrapped up in a socially and musically stimulating environment.

**Pilates Mat:** similar to yoga, Pilates mat focuses on a basic series of exercises designed to improve core stability, strength, balance, flexibility and posture. Benefits may include breath awareness, improved spinal alignment and use core muscles.

**Qigong:** 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:** a therapeutic movement experience for the body, mind and spirit. The goal of the class is to build strength, flexibility and endurance through movement and dance exploration. Classes are taught by Tanner Dance Faculty with live piano accompaniment. Previous dance experience not required.

**Tai Chi:** slow, flowing energy movement that improves strength, mindfulness, relaxation, immune system, blood circulation, balance and neuropathy while exploring mindful breathing.

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

**Yoga/Qigong:** is a nonaerobic exercise program of precise posture, breathing exercises, and meditation combined with slow, flowing energy movement that improves strength, mindfulness and relaxation. Practice may reduce blood pressure, cholesterol, risk of falls, anxiety, stress and pain.

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