

# GROUP FITNESS SCHEDULE

## JANUARY 2019

\*NEW CLASSES IN JANUARY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5 AM	<b>Indoor Cycling</b> 5:15 a.m. - 6:15 a.m. Tina Satterfield							
6 AM		<b>HIIT</b> 6 a.m. - 7 a.m. Darian White		<b>HIIT</b> 6 a.m. - 7 a.m. Darian White	<b>Indoor Cycling*</b> 6 a.m. - 7 a.m. Tina Satterfield			
7 AM								
8 AM	<b>Indoor Cycling</b> 8 a.m. - 9 a.m. Tina Satterfield	<b>Cardio Circuit Training</b> 8:30 a.m. - 9:30 a.m. Ericka Watson		<b>Cardio Circuit Training</b> 8:30 a.m. - 9:30 a.m. Ericka Watson	<b>Indoor Cycling</b> 8:15 a.m. - 9:15 a.m. Tina Satterfield  <b>Mat Pilates</b> 8:30 a.m. - 9:30 a.m. Allie Fox	<b>Spin &amp; Sculpt</b> 8 a.m. - 9:15 a.m. Ericka Watson  <b>Strength &amp; Conditioning</b> 8 a.m. - 9 a.m. Personal Training Team		
9 AM	<b>Cardio Circuit Training</b> 9 a.m. - 10 a.m. Tina Satterfield	<b>PIYo</b> 9:30 a.m. - 10:30 a.m. Ericka Watson	<b>Zumba Gold</b> 9 a.m. - 10 a.m. Dionne Liddiard	<b>Self Myofacial Release</b> 9:30 a.m. - 10:15 a.m. Ericka Watson	<b>Core Group Fitness</b> 9:30 a.m. - 10:30 a.m. Tina Satterfield	<b>Zumba</b> 9 a.m. - 10 a.m. Dionne Liddiard		
10 AM	<b>Mat Pilates</b> 10:15 a.m. - 11 a.m. Jackie Larco  <b>Aqua Fitness</b> 10:30 a.m. - 11:30 a.m. Tina Satterfield	<b>Hybrid Yoga</b> 10:30 a.m. - 11:30 a.m. Laure Sears	<b>Mat Pilates</b> 10 a.m. - 11 a.m. Jackie Larco  <b>Aqua Fitness</b> 10:30 a.m. - 11:30 a.m. Tina Satterfield	<b>Therapeutic Yoga</b> 10:15 a.m. - 11:30 a.m. Laure Sears		<b>Therapeutic Yoga</b> 10 a.m. - 11 a.m. Laure Sears	<b>Indoor Cycling</b> 10 a.m. - 11 a.m. Luis Castaneda	
11 AM	<b>Tai Chi</b> 11 a.m. - 12 p.m. David Burgett	<b>Healing Flow</b> 11:30 a.m. - 12:30 p.m. Laure Sears	<b>Tai Chi</b> 11 a.m. - 12 p.m. David Burgett	<b>Zumba Gold</b> 11:30 a.m. - 12:30 p.m. Rosie Guzman	<b>Tai Chi</b> 11 a.m. - 12 p.m. David Burgett  <b>Aqua Fitness*</b> 11:30 a.m. - 12:30 p.m. Allie Fox	<b>Chair Yoga</b> 11 a.m. - 12 p.m. Laure Sears		
12 PM	<b>Chair Yoga</b> 12:30 p.m. - 1:30 p.m. Laure Sears	<b>Aqua Fit*</b> 12 p.m. - 1 p.m. Robin Padelford	<b>Indoor Cycling</b> 12 p.m. - 1 p.m. Tina Satterfield  <b>Chair Yoga</b> 12:30 p.m. - 1:30 p.m. Laure Sears	<b>Aqua Fit*</b> 12 p.m. - 1 p.m. Robin Padelford				
1 PM								
2 PM								
3 PM								
4 PM	<b>Body Sculpt</b> 4:30 p.m. - 5:30 p.m. Lynette Willis  <b>Tread &amp; Shred</b> 4:30 p.m. - 5:30 p.m. Tina Satterfield	<b>BodySculpt*</b> 4 p.m. - 5 p.m. Allie Fox  <b>Indoor Cycling</b> 4:30 p.m. - 5:30 p.m. Ericka Watson	<b>Tai Chi</b> 4 p.m. - 5 p.m. Gene Hobson	<b>Indoor Cycling</b> 4:30 p.m. - 5:30 p.m. Ericka Watson	<b>Tai Chi</b> 4 p.m. - 5 p.m. Gene Hobson			
5 PM	<b>Indoor Cycling</b> 5:30 p.m. - 6:30 p.m. Lynette Willis	<b>Zumba Gold</b> 5 p.m. - 6 p.m. Dionne Liddiard	<b>Core Group Fitness</b> 5 p.m. - 6 p.m. Personal Training Team	<b>BodySculpt*</b> 5 p.m. - 6 p.m. Allie Fox	<b>Core Group Fitness</b> 5 p.m. - 6 p.m. Ericka Watson			
6 PM	<b>Aqua Fitness</b> 6 p.m. - 7 p.m. Tina Satterfield  <b>HIIT</b> 6 p.m. - 7 p.m. Ericka Watson		<b>Mat Pilates</b> 6 p.m. - 7 p.m. Trish Cohen	<b>Spin &amp; Sculpt</b> 6 p.m. - 7 p.m. Ericka Watson  <b>Mat Pilates</b> 6 p.m. - 7 p.m. Allie Fox				
7 PM	<b>Tai Chi</b> 7 p.m. - 8 p.m. Gene Hobson							

Visit [henrymayofitness.org](http://henrymayofitness.org) for an up-to-date schedule.

24525 Town Center Drive, Valencia, CA 91355 | 661.200.2348

Hours of Operation: M-Th 5-9, F 5-8, Sat 7-7, Sun 7-5

**Henry's Kids Spot**

M-Sat 9 a.m. - 1 p.m.

M-Th 4 p.m. - 7 p.m.

Reservations are required

# GROUP FITNESS CLASSES

## JANUARY 2019

**AQUA FITNESS:** Aqua Fitness combines simple athletic moves with intense intervals to burn calories and increase aerobic exercise levels. This class incorporates upper and lower body muscles simultaneously. *Water shoes recommended.*

**BODY SCULPT:** Complete and total body workout utilizing resistance, strength, and cardio training that will help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.

**CARDIO CIRCUIT TRAINING:** Circuit training is a high volume (repetitions), low resistance (weight) workout with short rest intervals and is geared primarily at improving muscle tone and definition, while improving cardiovascular fitness. This workout involves exercising all major muscle groups (stations) in one continuous cycle, alternating between the different areas to allow for muscle recovery and to force your heart to work harder in pumping blood (and oxygen) to these constantly changing areas.

**CHAIR YOGA:** Chair Yoga is a gentle class, emphasizing proper breathing, correct spinal and pelvic alignment, improved balance, strength, and posture. This class can help you relax, both physically and mentally. Chairs are available for seated and standing support. Chair Yoga is appropriate for those that feel more comfortable doing yoga from a chair instead of the floor.

**CORE GROUP FITNESS:** Health starts with the core. We will help you build a more stable, powerful abdomen and lower back to improve fitness, straighten posture and provide a foundation for an active daily life.

**GENTLE YOGA:** A calming, stress-relieving yoga class to stretch and strengthen the body gradually. Emphasis is on building awareness of the breath and the body. Asanas are practiced at a slower pace with attention to alignment and detail. Recommended for all levels looking for a soothing, relaxing, and restorative experience, especially those newer to yoga or working with special concerns or injuries.

**HATHA YOGA:** This class we will focus on postures to align, strengthen and promote flexibility in both the body and mind. Breath work and meditation will also be integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. The goal is to achieve full body relaxation, strength, and overall balance in mind, body and spirit. Leaving you feeling energized yet, with little more sense of peace and calm.

**HEALING FLOW YOGA:** This class progresses through a slow yoga flow style, with a more therapeutic and restorative approach. You will learn through breathing, movement, stretching and strengthening techniques how to move thoughtfully and mindfully to those areas of your body that may need extra TLC.

**HIGH INTENSITY INTERVAL TRAINING:** This class promotes and will build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn.

**HYBRID YOGA:** This class begins on a yoga mat moving through a series of gentle asana, warming up the body and focusing on lower back health. Moving to chairs, stretching and strengthening movements are incorporated with a focus on alignment. The chair further helps developing balancing skills and simple standing asana, with a sense of stability and confidence. Savasana or final relaxation pose, culminates the class by moving back to the yoga mat in a restorative pose, using props for comfort.

**INDOOR CYCLING:** Specifically designed to help you shed fat, improve your heart rate, and boost your muscular endurance. An experienced instructor will lead the class through different types of cycling; like uphill climbs, bursts of speed, and short recovery periods with easy pedaling.

**LOW IMPACT AQUA EXERCISE:** You don't have to be a good swimmer to condition your heart and lungs and increase muscle flexibility and tone in this low impact water workout. *Water shoes recommended.*

**MAT PILATES:** Pilates mat classes focus on developing core strength, flexibility, balance and stamina. The instructor presents the exercises at multiple levels which allows students to choose to work at a beginning, intermediate, or advanced pace. Students learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core. Various props (e.g. flex bands, foam rollers, rings, light weights, and balls) are incorporated to enhance and intensify the workout. No previous Pilates experience is necessary to join a mat class.

**PIYO:** A combination of Pilates and Yoga, this class introduces you to dynamic, flowing sequences that can burn serious calories at the same time as they lengthen and tone your muscles and increase your flexibility.

**SELF MYOFACIAL RELEASE (MOBILITY AND FLEXIBILITY):** Self-Myofascial Release (SMR) is another name for self massage. This class will incorporate the use of foam rollers to apply sweeping strokes to the long muscles of the body to search for tender areas or trigger points in order to decrease density and over-activity. Foam Rolling offers great benefits before or after a workout. Using a foam roller pre-workout can decrease muscle density and allows for a better warm-up; the use of the foam roller post-workout will help in recovery from strenuous exercise.

**SPIN AND SCULPT:** Spinning and weights come together in an incredible 30-minute cycle ride combined with 30-minutes of body sculpting off the bike. Come strengthen and build muscle, increase core stability, and improve cardiovascular health.

**STRENGTH AND CONDITIONING:** Strength and Conditioning is about more than lifting weights - it encompasses the entire development to improve physical performance. This includes plyometrics, speed and agility, endurance and core stability with strength training being just one piece of the jigsaw.

**TAI CHI:** Tai Chi combines exercise and relaxation in a series of continuous, flowing movements. Though originally created as a system of self-defense, there are many medical benefits to be derived as well, including stress reduction, lower blood pressure, and better cardiovascular fitness. Other benefits include better balance and coordination and improved everyday physical function.

**THERAPEUTIC YOGA:** A deeply relaxing and revitalizing practice that encourages rest and resets the body, mind, and spirit. Great for injury rehabilitation, arthritis, fibromyalgia or chronic pain.

**TREAD & SHRED:** This class is comprised of interval training utilizing treadmill cardio rounds along with resistance training to build muscle and keep burning long after the workout is over. You will never be bored in this fast paced, ever changing class and your body will thank you.

**VINYASA FLOW:** One of the most popular contemporary styles of Yoga, this class was given its name because of the smooth way that the poses run together. This class keeps you moving through strong sequences of traditional sun salutations and standing postures with an emphasis on safety in alignment and anatomy. In Vinyasa Flow, each movement is synchronized to a breath and builds strength, flexibility and balance.

**ZUMBA:** Zumba combines high energy and motivating music with unique, easy and repetitive moves that allow the Zumba participants to burn calories while enjoying international music and dancing away their worries.

**ZUMBA GOLD:** Zumba Gold is designed to be approachable by all populations, regardless of fitness level. Experience with dance is not required. Moves in class are broken down in a slow and manageable manner. The intention of the class is to move a little and have a lot of fun—even if you don't perform each move perfectly.