

GROUP FITNESS SCHEDULE

MARCH 2019



*NEW CLASSES IN MARCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5 AM	Indoor Cycling 5:15 a.m. - 6:15 a.m. Tina Satterfield							
6 AM		HIIT 6 a.m. - 7 a.m. Darian White	Kickboxing 6:30 a.m. - 7:30 a.m. Tina Satterfield	HIIT 6 a.m. - 7 a.m. Darian White	Indoor Cycling 6 a.m. - 7 a.m. Bridgette Strong			
7 AM								
8 AM	Indoor Cycling 8 a.m. - 9 a.m. Tina Satterfield	Cardio Circuit Training 8:30 a.m. - 9:30 a.m. Ericka Watson		Cardio Circuit Training 8:30 a.m. - 9:30 a.m. Ericka Watson	Indoor Cycling 8:15 a.m. - 9:15 a.m. Tina Satterfield Mat Pilates 8:30 a.m. - 9:30 a.m. Allie Fox	Spin & Sculpt 8 a.m. - 9:15 a.m. Ericka Watson Strength & Conditioning 8 a.m. - 9 a.m. Bridgette Strong		
9 AM	Cardio Circuit Training 9 a.m. - 10 a.m. Tina Satterfield	PIYO 9:30 a.m. - 10:30 a.m. Ericka Watson	Zumba Gold 9 a.m. - 10 a.m. Dionne Liddiard	Self Myofascial Release 9:30 a.m. - 10:15 a.m. Ericka Watson	Core Group Fitness 9:30 a.m. - 10:30 a.m. Tina Satterfield	Zumba 9 a.m. - 10 a.m. Dionne Liddiard		
10 AM	Mat Pilates 10:15 a.m. - 11 a.m. Jackie Larco Aqua Fitness 10:30 a.m. - 11:30 a.m. Tina Satterfield	Hybrid Yoga 10:30 a.m. - 11:30 a.m. Laure Sears	Mat Pilates 10 a.m. - 11 a.m. Jackie Larco Aqua Fitness 10:30 a.m. - 11:30 a.m. Tina Satterfield	Therapeutic Vinyoga 10:15 a.m. - 11:30 a.m. Laure Sears		Therapeutic Vinyoga 10 a.m. - 11 a.m. Laure Sears	Indoor Cycling 10 a.m. - 11 a.m. Bridgette Strong	
11 AM	Tai Chi 11 a.m. - 12 p.m. David Burgett	Vinyoga Flow 11:30 a.m. - 12:30 p.m. Laure Sears	Tai Chi 11 a.m. - 12 p.m. David Burgett	Zumba* 11:30 a.m. - 12:30 p.m. Rosie Guzman	Tai Chi 11 a.m. - 12 p.m. David Burgett Aqua Fitness 11:30 a.m. - 12:30 p.m. Allie Fox	Chair Yoga 11 a.m. - 12 p.m. Laure Sears		
12 PM	Chair Yoga 12:30 p.m. - 1:30 p.m. Laure Sears	Aqua Fit 12 p.m. - 1 p.m. Robin Padelford	Indoor Cycling 12 p.m. - 1 p.m. Tina Satterfield Chair Yoga 12:30 p.m. - 1:30 p.m. Laure Sears	Aqua Fit 12 p.m. - 1 p.m. Robin Padelford				
1 PM								
2 PM								
3 PM								
4 PM	Body Sculpt 4:30 p.m. - 5:30 p.m. Lynette Willis Tread & Shred 4:30 p.m. - 5:30 p.m. Tina Satterfield	Body Sculpt 4 p.m. - 5 p.m. Allie Fox Indoor Cycling 4:30 p.m. - 5:30 p.m. Ericka Watson	Tai Chi 4 p.m. - 5 p.m. Gene Hobson	Indoor Cycling 4:30 p.m. - 5:30 p.m. Ericka Watson	Tai Chi 4 p.m. - 5 p.m. Gene Hobson			
5 PM	Indoor Cycling 5:30 p.m. - 6:30 p.m. Lynette Willis	Zumba* 5 p.m. - 6 p.m. Dionne Liddiard	Core Group Fitness* 5 p.m. - 6 p.m. Erica Borja	Body Sculpt 5 p.m. - 6 p.m. Allie Fox	Core Group Fitness* 5 p.m. - 6 p.m. Bridgette Strong			
6 PM	Aqua Fitness 6 p.m. - 7 p.m. Tina Satterfield HIIT 6 p.m. - 7 p.m. Ericka Watson	RIP 6 p.m. - 7 p.m. Ericka Watson	Mat Pilates 6 p.m. - 7 p.m. Trish Cohen	Spin & Sculpt 6 p.m. - 7 p.m. Ericka Watson Mat Pilates 6 p.m. - 7 p.m. Allie Fox				
7 PM	Tai Chi 7 p.m. - 8 p.m. Gene Hobson							

Visit 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

MARCH 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: Taught with the use of a chair, each class begins and ends with simple breathing techniques to quiet the nervous system. An appropriate beginning point for those needing gentle stretching and strengthening movements with an attention to alignment and self-care. Upbeat choreographed music—chair dance—ends each class with joyful and playful movement of the body.

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.

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

HYBRID (MAT AND CHAIR) YOGA: This class begins on a yoga mat warming up the body moving through a series of breath work, gentle asana (poses), and movements of the spine. The chair is used as a prop to help develop balancing skills and simple standing poses, with a sense of stability and confidence. Savasana (final relaxation pose) culminates the class with a short meditation and restorative pose.

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.

KICKBOXING: This basic kickboxing class will consist of punch and kick combinations as well as various boxing-based footwork drills for conditioning. No part of this class will be too hard or too easy, as it is geared toward basic movement patterns involving a kickboxing edge. Take the class at the pace that works best for you!

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.

RIP: Maximizes low-weight, high-repetition training at a medium to high intensity using weighted bars, dumbbells, and a step platform. Participants will lunge, press, curl, and squat to increase muscular strength and endurance. A fun and effective way to burn calories!

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 VINIYOGA: The cornerstone of Viniyoga addresses each person's unique body, mind and needs. Incorporating the dynamics of moving with the breath, spinal alignment and movement, poses are carefully linked together to move safely and thoughtfully throughout the practice. Lastly, a brief guided relaxation and meditation culminates the class. This class utilizes floor and standing positions.

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.

VINIYOGA FLOW: With a focus on continuing to build self-awareness and understanding, this class will build upon yoga asana (poses) previously learned, as well as breathing techniques to move with intention to a desired affect throughout the practice. Sequences of asana to reach a "peak" pose with focus on alignment and refinement of movement will be developed. Ability to use diaphragmatic and ratio breathing as well as a basic understanding of yoga asana recommended.

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.