

GROUP FITNESS SCHEDULE

MARCH 2020

*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		▲ Power Circuit 6 a.m. - 7 a.m. Geneva Tripp	▲ Kickboxing 6:30 a.m. - 7:30 a.m. Tina Satterfield	▲ Power Circuit 6 a.m. - 7 a.m. Geneva Tripp			
7 AM							
8 AM	◆ Cycle to Core* 8:00 a.m. - 9:00 a.m. Argel Cardoniga	◆ 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	▲ Spin & Sculpt 8 a.m. - 9:15 a.m. Ericka Watson ◆ Power Circuit 8 a.m. - 9 a.m. Bridgette Strong	
9 AM	▲ HV Strength 9 a.m. - 10 a.m. Tina Satterfield	● Stretch and Roll 9:30 a.m. - 10:15 a.m. Robin Padelford	● Zumba® Gold 9 a.m. - 10 a.m. Dionne Liddiard	● Stretch and Roll 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	■ Therapeutic Vinyoga 10:15 a.m. - 11:30 a.m. Laure Sears ■ AquaFit* 10:30 a.m. - 11:30 a.m. Robin Padelford	■ 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	■ Aqua Fit 10:30 a.m. - 11:30 p.m. Robin Padelford	● Therapeutic Vinyoga 10 a.m. - 11:15 a.m. Laure Sears	◆ HIIT Cycle 10 a.m. - 11 a.m. Argel Cardoniga
11 AM	■ Tai Chi 11 a.m. - 12 p.m. David Burgett		■ Tai Chi 11 a.m. - 12 p.m. David Burgett	■ Silver and Fit © Explore 11:45 a.m. - 12:45 p.m. Laure Sears	■ Tai Chi 11 a.m. - 12 p.m. David Burgett	● Chair Yoga 11:15 a.m. - 12:15 p.m. Laure Sears	
12 PM	● Chair Yoga 12:30 p.m. - 1:30 p.m. Laure Sears		▲ 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. Leslie Shirakata			
1 PM							
2 PM							
3 PM	■ Tai Chi 3 p.m. - 4 p.m. Gene Hobson						
4 PM	▲ Body Sculpt 4:00 p.m. - 5:00 p.m. Lynette Willis ▲ Tread & Shred 4:45 p.m. - 5:45 p.m. Tina Satterfield	▲ 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	■ POUND © 5 p.m. - 6 p.m. Bridgette Strong and Debbie Childs ▲ Indoor Cycling 5:00 p.m. - 6:00 p.m. Lynette Willis	■ Zumba © 5 p.m. - 6 p.m. Dionne Liddiard	▲ Core Group Fitness 5 p.m. - 6 p.m. Bridgette Strong	▲ HV Strength 5 p.m. - 6 p.m. Kyle Jensen	▲ 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	▲ Spin & Sculpt 6 p.m. - 7 p.m. Kristin Cobb ▲ HV Strength* 6 p.m. - 7 p.m. Kyle Jensen	◆ HV Strength 6 p.m. - 7 p.m. Argel Cardoniga	▲ Spin & Sculpt 6 p.m. - 7 p.m. Ericka Watson ■ Mat Pilates p.m. - 7 p.m. Trish Cohen			
7 PM	▲ Zumba © 7 p.m. - 8 p.m. Dario Sanchez	■ Iyengar Yoga 7 p.m. - 8:15 p.m. Hana Klinger	▲ ST8TIONS 7 p.m. - 8 p.m. Kristin Cobb	▲ Iyengar Yoga 7 p.m. - 8:15 p.m. Hana Klinger			

Henry's Kids Spot

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

F 9 a.m. - 12 p.m.

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

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

Reservations are required

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

Legend

- Low
- ▲ Moderate
- ◆ High
- All levels

GROUP FITNESS CLASSES

MARCH 2020

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.

CYCLE TO CORE: Get ready for a ride! Your endurance will be challenged with 45 mins of intense cycling and finishing off with exercises to build strong abdominal muscles.

HIIT CYCLE (HIGH INTENSITY INTERVAL TRAINING): This workout will push riders near their maximum effort focusing on alternating short intervals of high-intensity timed drills with recovery periods on our studio Schwinn bikes. Your aerobic and anaerobic fitness levels will be challenged in this pulse-pounding, sweat-dripping class!

HIGH-VOLUME (HV) STRENGTH: This high volume exercise class is designed to improve muscular strength and endurance by challenging you to push yourself towards your physical boundaries. HV Strength incorporates functional training- starting with creating a strong foundation of movement. By training total body strength, this class encourages fat loss and muscle gains.

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.

IYENGAR YOGA : In this class, you will gain an understanding of alignment in yoga poses. According to B.K.S. Iyengar, we approach each yoga pose intelligently by understanding and paying close attention to anatomical details in our bodies. This method is designed to systematically cultivate strength, flexibility, stability, awareness and can be therapeutic for specific conditions. This class utilizes floor and standing positions and concludes with a brief relaxing meditation. All levels are welcome!

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.

POUND®: Channel your inner rock star with this full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

POWER CIRCUIT: A strength and core circuit with cardio and strength intervals. This class is designed for all fitness levels. Power Circuit takes you from your starting fitness level and guides you toward your goals. Equipment used includes dumbbells, kettlebells, bands, etc.

SILVER AND FIT® EXPLORE: Silver&Fit Explore is designed for older adults looking for a light-to-moderate level, well-balanced exercise routine. Participating in this class will help increase your heart health, muscular endurance and strength, flexibility, and balance. All exercises are performed in a chair or standing position. This class will help you take on daily tasks with more ease.



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.

ST8TIONS: ST8TIONS is a full-body workout comprised of four stations, for a minimum of two rounds of eight exercises. Each workout incorporates fundamental movement patterns such as pushes, pulls, hinges, squats and core work utilizing dumbbells, resistance bands, and other pieces of equipment to keep you moving. This workout will help improve your strength and cardiovascular system in a fun and motivating way!

STRETCH AND ROLL: This class will incorporate self-myofascial release (SMR) techniques with the use of foam rollers. Foam Rolling offers great benefits before and/or after a workout. Using a foam roller pre-workout can decrease muscle density and allow for a better warm-up; the use of the foam roller post-workout will help in recovery from strenuous exercise. This class will also incorporate stretching exercises to offer you a complete mobility and flexibility class.

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.

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.