



## WELLNESS WORKS COUNTY-WIDE GROUP EXERCISE CLASSES JANUARY 9 - MARCH 31, 2017

							301 ADMIN	***DJC	DURANGO	**ENV/AQ	***PUB HEALTH	SCC
<b>MONDAY</b>												
11:30 am - 12:15 pm	*Multi-Level Yoga											
12:30 pm - 1:00 pm	Total Conditioning											
5:15 pm - 6:00 pm	Multi-Level Yoga			*Zumba   ACC (5:15-6:15) *Must pre-register		*Multi-Level Yoga (5:30 - 6:30) *Must pre-register						
<b>TUESDAY</b>												
11:30 am - 12:00 pm						Multi-Level Yoga						Fitness Express 9th floor
12:00 pm - 12:30 pm								**Be-the-Change Conditioning   JUV (Rooms 444/445) Core & Overall Strength MCDOT				
12:15 pm - 12:45 pm	Dance Exercise Class			Cardio/Strength (Call Jan for room location)								
2:00 pm - 2:30 pm	Core Class											
4:30 pm - 5:00 pm	TRX Circuit Training											
5:15 pm - 6:15 pm	TRX Circuit Training (5:15-6:00)											
<b>WEDNESDAY</b>												
11:30 am - 12:00 pm	NEW!!! Kick Boxing (Ends 2/1)					Core Express						
12:15 pm - 12:45 pm	Total Conditioning											
1:30 pm - 2:00 pm				HIIT, Body Sculpt (Call Jan for room location)								
2:00 pm - 2:30 pm	Core Class											
3:30 pm - 4:00 pm								Rowing Class   STC *Must pre-register				
5:15 pm - 6:15 pm	Fast-Strong-Fit (5:25-6:00)			Total Conditioning (Call Jan for room location)				**Total Conditioning JUV (5:30-6:30)				Yoga   8th floor
<b>THURSDAY</b>												
6:30 am - 7:15 am	TRX Circuit Training											
8:30 am - 8:45 am												
11:30 am - 12:00 pm	Fitness Express					Tai Chi						
12:15 pm - 1:00 pm	*Zumba			Dynamic Strength & Flow (12:15-12:45) (Call Jan for room location)		Core & Overall Strength (12:00-12:30) MCDOT						
2:00 pm - 2:30 pm	Core Class											
5:15 pm - 6:00 pm	"Fun" Boot Camp											
<b>FRIDAY</b>												
12:15 pm - 1:00 pm	* Multi-Level Yoga			HIIT, Body Sculpt (12:00) (Call Jan for room location)								

\*YMCA Instructed Classes

\*\*Juvenile Probation, Detention, Court, and Enviro/Air Quality employees only

\*\*\*Contact Jan for more information on DJC and Public Health classes

Note: All classes are subject to change. With limited or no participants, class will be canceled after 10 minutes

For questions, please contact Jan Hertzfeld at (602) 679-8145 or [hertzfeldj@mail.maricopa.gov](mailto:hertzfeldj@mail.maricopa.gov)

<http://www.maricopa.gov/benefits/wellness/movingmore.html>

## Class Descriptions

**Be-the-Change Conditioning:** This class consists of no-impact large muscle conditioning primarily by strikes (hand/elbow) and kicks (foot/knee). Designed as low-intensity circuit training with 8 stations for ALL fitness levels.

**Core Class:** Improve your posture, decrease risk of injury and increase balance by working the core and back muscles groups. Core includes gluts, abdominals, lower back and the oblique (side) muscles. We will use weights, balance equipment and stability balls.

**Dance Exercise Class:** Dancing is a great way to get in shape while learning a new skill. The Dance classes will include lessons on a variety of dance styles including Cha Cha, Mambo, Rumba and Salsa. No dance experience necessary.

**New Format! Fast-Strong-Fit:** Challenge yourself to get strong and fit fast with an interval strength and cardio class that is so fun it flies by! Every week is new! We will use a simple personal scoring system so you can see yourself improve every week.

**Fitness Express:** An effective 30-minute workout including cardio, strength training and core exercises. Sweat and get fit during your lunch break!

**“Fun” Boot Camp:** This “fun” class will be combining interval training (which sometimes includes running or power walking), body weight exercises and resistance training in an effort to lose body fat and improve your cardio and strength.

**HIIT Class:** This is a 30 minute circuit style HIIT (high intensity interval training)\* class. We will be using various modalities from cardio, TRX, Kettle bells, Rope training and body-weight exercises. \*HIIT is a **training** technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of **training** gets and keeps your heart rate up and burns more fat in less time.

**Kick Boxing:** Dynamic and explosive class that incorporates kickboxing techniques with an intense cardio workout. Increase your aerobic fitness while improving your strength, agility and quickness. All fitness levels.

**Rowing Class:** This class will involve alternating rowing workouts on Concept 2 rowing machines with core, strength training and other HIIT style exercises. A great total body workout. Class will be held at the Sheriff Training Center.

**Total Conditioning:** Challenge yourself with an athletic based exercise class which includes cardio, strength, and core training. A variety of fitness equipment and formats will be used. Accommodates all fitness levels.

**TRX Circuit Training:** The TRX (Total Body Resistance Exercise) is a suspension training system that uses your own body weight. It helps develop strength, balance, flexibility, and core stability simultaneously. The TRX station is part of an overall circuit training class that targets strength building and muscular endurance.

**Yoga (Multi-Level):** The yoga classes are designed for students of all levels, and modifications will be provided for each pose to allow you to get the best yoga experience regardless if you are new to yoga or have been practicing for years. Yoga is about proper breathing and creating balance in the body through developing both strength and flexibility.

**Zumba Fitness®:** A dance fitness program which combines Latin and international music with dance and exercise moves. Zumba means “to move fast and have fun. \*These classes are taught by certified Zumba instructors.