Health Plus

Group Fitness Class Schedule

Oct. 1 - Dec. 21, 2013

		Monday	
S1	5:10a	# Boot Camp	Deborah
S1	6:15a	* Zumba	Rachel
VV	11:00a	* Yoga	Hilary
S1	11:30a	^ Step 1	Linda
S1	12:00p	^Stretch and Tone	Linda
S1	12:30p	* Pilates	Emily
S2	12:30p	* Gentle Yoga	Linda
S1	4:15p	*Cardio Dance	Jenny
DY	5:00p	* Aqua Aerobics	Diane
1O	5:00p	# Zumba	Valerie
S1	5:15p	* Functional Fitness	Kandice
S2	5:30p	* Gentle Yoga	Ali
S1	6:15p	* Zumba	Rebecca

		Tuesday	
S1	6:15a	* Body Shaping	Janelle
WE	11:00a	* Yoga	Linda
S2	11:30a	* Yoga	Polly
S1	11:30a	^ Boot Camp Express	Maura
S1	12:00p	^ Upper Body Blast	Maura
TR	12:20p	* Organized Track	Johnny
S1	12:30p	! Ab Blast	Maura
S1	4:15p	! Ab Blast	Lori
S1	4:30p	# Nia	Lori
PB	4:45p	* Yoga	GG
DY	5:00p	* Aqua Aerobics	Barb
GH	5:00p	# Zumba (GH ee's only)	Valerie
S1	5:15p	* Powerlift	Kathy
S2	5:15p	* Pilates	Emily
VO	5:45p	* Indoor Cycling	Johnny
S2	6:15p	~ Vinyasa Yoga	Hilary

		Wednesday	
S1	5:10a	# Boot Camp	Micah
VO	6:00a	* Indoor Cycling	Gerry
S1	6:15a	* Core Fusion	Kandice
S1	11:30a	* Sole Synthesis	Cameron
VO	12:00p	#Tai Chi	Steve
S1	12:30p	*Krav Fit	Lisa
S1	4:15p	^ Step 2	Mark
S1	4:45p	^Body Shaping	Mark
DY	5:00p	* Aqua Aerobics	Diane
S1	5:15p	* Zumba (call for spot)	Rebecca
S2	5:30p	* Yoga	GG
S1	6:15p	* Turbokick	Mark

		Thursday	
S1	6:15a	* Body Shaping	Janelle
S2	11:30a	* Yoga	Libba
S1	11:30a	^ BOSU 2 Express	Kathy
S1	12:00p	^ Lower Body Blast	Kathy
S1	12:30p	! On a roll	Kathy
TR	12:20p	* Organized Track	Johnny
S1	4:15p	* Zumba	Melissa
PB	4:45p	* Yoga	Ali
DY	5:00p	# Aqua Aerobics	Kim
1O	5:00p	# Zumba	Casey
GH	5:00p	# Zumba (GH ee's only)	Valerie
S1	5:15p	^ Cardio Chisel	Jenny
S1	5:45p	^Ballet Sculpt	Jenny
VO	5:30p	* Turbokick	Mark
CP	5:30p	* Outside Boot Camp	Johnny
S2	5:30p	~ Iyengar Yoga	Natasha
DY	6:00p	# Aqua Tone	Kim

		Friday	
VO	6:00a	*Indoor Cycle	Gerry
S1	6:15a	#Cardio/Muscle Circuit	Maura
S1	11:30a	* Zumba	Rebecca
S1	12:30p	* Functional Fitness	Kandice
DY	5:00p	* Aqua Aerobics	Diane
S1	5:15p	*Total Body Conditioning	Kathy

		Saturday	
S1	8:30a	# Step 2	Janelle
S1	9:15a	# Body Shaping	Janelle
S2	10:00a	~ Iyenger Yoga	Natasha
S1	11:30a	* Powerlift	Gerry

Check Health *Plus* website for holiday schedule.

Shading indicates more advanced

Class descriptions on the back

Key

S1 = Health *Plus* Studio 1
S2 = Health *Plus* Studio 2
DY = Dayani
1O = 100 Oaks
CP = Centennial Park
WE = 3401 West End
VU = VUIIS AA1119 (Med Ctr Dr/21st Ave)
PB = Peabody, Kennedy Ctr, Rm 241
VO = VOIFC, Suite 3200
GH = Green Hills (for GH employees only)
VV = Vanderbilt Village Rm 4008B

! = 15min
^ = 30min
 # = 45min
*** = 60min**
~ = 75min

Lori Cowan, Group Fitness Coordinator
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Health *Plus*, 343-8943
201 25th Ave. South
Nashville, TN 37240

Hours of Operation
5am-9pm Mon-Fri, 8am-2pm Sat

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Call the Fitness Desk at 936-5698

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www.healthplus.vanderbilt.edu

9.27/2013

Ab Blast: 15 minute workout for the abdominal muscles.
Aqua Aerobics: Consists of cardiovascular and muscle conditioning segments in shallow pool.
Aqua Tone: This 45 minute class will tone your muscles using props in the water.
Ballet Sculpt: Muscular endurance class that tones muscles using elements of ballet with high repetitions. This class often uses the ballet barre.
Body Shaping: Weight training in a class setting; full body workout using dumbells, tubes and balls.
Boot Camp: Total body conditioning mixed with cardio sports drills, kickboxing, abs and strength; a new mix every week.
Bosu 2 Express: 30 minute cardio class for those experienced with the bosu.
Core Fusion: Pilates mixed with kettlebells for a great core (abs/back) and full body workout.
Cardio Chisel: Different toys (bosu, dumbells, resist-a-ball, etc) will be used for an energizing cardiovascular workout.
Cardio Dance: This fun, energetic class helps you burn away the calories through easy-to-follow dance moves set to today's hottest music.
Functional Fitness: Perform tasks in training that replicate the movements found in life; improve strength while increasing your heart rate.
Gentle Yoga: Not quite as intense as a regular yoga class; all levels welcome.
Group Fitness 101: Learn basic choreography for step and strength training (M) and zumba and bosu (W). Great for those just starting to exercise.
Indoor Cycling: Indoor cycling is a fantastic heart pumping workout taught on a stationary bike. Class meets at Vanderbilt Orthopaedic Institute Fitness Center (VOIFC) **see more details below.
Iyengar Yoga: Good for all levels; teaches foundations of alignment with the use of props.
Krav Fit: (for all fitness levels) Versions of circuit, endurance and defense drills from Krav Maga training.
Lower Body Blast: 30 minute class tones legs, buttocks and abs.
Nia: Low impact aerobics including dance, kickboxing, tai chi, yoga and more.
On a roll: Offset your high intensity training with with our express foam roller classes. Foam rollers can improve core stability, strength, balance and flexibility. Release the tight muscles, fascial adhesions, and improve blood flow.
Organized Track: For intermediate to experienced runners; speed work on the track which includes intervals of 400m up to 1600m; distances and times based on individual fitness levels. See below for class location and details. This class does not meet when Davidson Co. schools are closed.
Outside Boot Camp: Intense full body workout that works all muscles doing drills such as push ups, jumping jacks, and abs. Class meets on the stairs of the Parthenon at Centennial Park. Take water and a towel. This class does not meet when inclement weather closes Davidson Co. schools.
Pilates: Core conditioning focuses primarily on strengthening the back and abdominal muscles.
Powerlift: Strength training workout emphasizing toning and muscle definition with high reps; targets every major muscle group.
Sole Synthesis: Barefoot training meets strength, cardio and flexibility in one workout.
Step 1: This class uses a step platform where step height can be adjusted to suit individual fitness levels. Features include uncomplicated steps.
Step 2: Higher intensity, as well as more challenging choreography than Step 1. Prior experience in Step I is recommended, but not required.
Stretch and Tone: Strength training and stretching combined in order to make the most of 30 minutes.
Tai Chi: Ancient Chinese approach to achieving mind and body relaxation through balance, strength and flexibility.
Total Body Conditioning: Energetic workout including strength, cardio and core in one workout.
Turbokick: You'll kick, punch and groove the calories away in this action-packed, cardio workout.
Upper Body Blast: 30 minute class to tone arms, chest, back and abs.
Vinyasa Yoga: yoga poses are linked fluidly but held long enough for the student to adjust to a healthy alignment and mental awareness
Yoga: Stretches all of the muscle groups for improvement in flexibility and muscle tone and great for relaxation and stress release .
Zumba: Cardio interval workout with aerobic and dance movements to Latin music; get your groove on!

NOTE: Participants must call 343-8943 to sign up for a spot for the Wednesday 5:15pm class ONLY (must arrive by 5:20pm or you will forfeit your spot).

Additional Information on Classes:

Every class welcomes NEW participants. There are always options shown to suit basic or beginner levels and also for more advanced training. Please advise the instructor that you are new to the workout and he/she will be happy to give you additional instruction.
Proper athletic shoes must be worn in all aerobics and strength classes; no open toes, heels, ballet shoes or clogs.
GREEN HILLS: VMG, 3841 Green Hills Village Drive, third floor break room. This class is only open to Green Hills employees.
TURBOKICK & INDOOR CYCLING AT VOIFC: Classes meet at Vanderbilt Orthopaedic Institute Fitness Ctr (VOIFC), 1210 Medical Ctr Dr in Med Ctr East/South Tower, Ste 3200. In order to participate complete paperwork at VOIFC prior to first class. Bikes are on a first come basis. Bring water and arrive 10 minutes early to set up equipment. Health *Plus* participants only have access to the indoor cycling class and use of the locker room/showers.
ORGANIZED TRACK: Participants will convene in the SRC lobby near the front desk at the entrance side of the turnstile until the instructor arrives.
ONE HUNDRED OAKS: Classes are on the 3rd Floor in Finance Dept in break room. Participation will be on a first come, first serve basis If you do not work in the finance department, you will need to bring your ID to the front desk and they will let you in.
YOGA AT 3401 WEST END: Currently meeting at Vanderbilt Center for Integrative Health, West Room, 3401 Bldg., Suite 380
YOGA AT PEABODY: Room 241 is located in the Kennedy Center on Peabody campus on Magnolia Circle. For further directions call 2-8238.

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