Fitness Classes for March and April 2016

Location	Monday	Tuesday	Wednesday	Thursday	Friday
ADAMH 447 East Broad St Columbus, Ohio 43215 ***Training Room***			**Gentle Yoga** 12:00 pm - 1:00 pm		
Government Tower 373 South High St Columbus, Ohio 43215 ***10th Floor***	**Beginner Yoga** 11:30 pm - 12:15 pm **Progressive Yoga** 12:30 pm. - 1:15 pm	**Chair Fit with Weights** 12:00 pm - 12:45 pm	**Gentle Yoga** 12:00 pm - 12:45 pm **Hatha Yoga** 5:15 pm - 6:15 pm	**Chair Fit** 12:00 pm - 12:45 pm	
Memorial Hall 280 East Broad St Columbus, Ohio 43215 ***West Conference Room***			**Core & More** 4:45 pm - 5:45 pm	**Zumba** 5:00 pm - 6:00 pm	
Child Support Enforcement Agency 80 East Fulton St Columbus, Ohio 43215 ****Bring County ID*** ***3rd Floor*** ***Conference Room***	**HIIT** 4:30 pm - 5:00 pm **TBC** 5:00 pm - 5:30 pm	**Zumba** 12:00 pm - 1:00 pm		**Zumba** 12:00 pm - 1:00 pm **HIIT** 4:30 pm - 5:00 pm **TBC** 5:00 pm - 5:30 pm	
Children's Services East Main Street 4071 East Main St Columbus, Ohio 43213 ***Room 136***		**Bootcamp** 12:00 pm - 1:00 pm		**Strictly Strength** 12:00 pm - 1:00 pm	**Core & More** 11:30 am - 12:15pm
Children's Services West Mound Street 855 West Mound St Columbus, Ohio 43223	**Bootcamp** 5:15 pm - 6:15 pm		**TBC** 5:15 pm - 6:15 pm	**Gentle Yoga** 12:00 pm - 1:00 pm	
Children's Services Frank Road 1919 Frank Rd Columbus, Ohio 43223 ***Room 28***	**TBC** 12:00 pm - 1:00 pm		**Core & More** 12:00 pm - 1:00 pm		**Bootcamp** 12:45 pm. - 1:30 pm
Pickaway County *Service Center* 110 Island Rd Circleville, Ohio 43113 ***Upstairs Meeting Room***		**Zumba** 4:45 pm - 5:45 pm		**Strictly Strength** 4:45 pm - 5:45 pm	

Thrive On
Your Health and Wellness Program

Franklin County Cooperative
Health Benefits Program

Fitness Class Descriptions

Beginner Yoga

We are all beginners! This classis suitable for both beginners and for those with some experience and will include basic breathing exercises, and foundational poses.

Bootcamp

High Intensity, calorie burning, all over body conditioning and strength training class set to body pumping, motivational music.

Chair Fit

This is an excellent routine for anyone of any fitness level or age. A chair exercise class that will improve your range of motion, flexibility, aerobic capacity and endurance.

Chair Fit With Weights

This is an excellent routine for anyone of any fitness level or age. For this class please bring a pair of weights, water bottles, or soup cans to participate in the class. This class will get your heart pumping and muscles moving.

Core & More

This class will strengthen and tone from the waist down. The primary focus is on abdominals and glutes. All fitness levels are welcome.

Gentle Yoga

This class is designed to remove the barriers that some might have to joining a yoga class. The stretches and balancing exercises are accompanied with proper breathing and alignment cues.

Hatha Yoga

Hatha is great for all skill levels. The Hatha practice is where all yoga is derived from and is a wonderful place for anyone to start. You will learn basic poses, relaxation techniques and terminology that you will find in almost every other style of yoga.

HIIT (High Intensity Interval Training)

HIIT class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before the busy days get started. Modifications are provided.

Line Dance

This class will keep you moving with fun easy to follow dance steps performed to a variety of soulful music. This class will be slightly less intense than others, but equally as enjoyable!

Meditation

Meditation has been practiced for thousands of years and is commonly used for relaxation and stress reduction. It is considered a type of mind-body complementary medicine. Meditation produces a deep state of relaxation and a tranquil mind.

Progressive Yoga

A yoga class for more experienced practitioners looking to work a bit more on strengthening and deepening in their poses. A good challenge for those who are open to trying it.

Strictly Strength

This class includes total body strength training techniques to enhance strength, raise metabolism and sculpt the body.

TBC (Total Body Circuit)

This class includes total body strength training techniques to enhance strength, raise Metabolism and sculpt the body. Strength class in a circuit format!