

The Fitness Center at Hillcrest Medical Center

Class Schedule and Description

	Monday	Tuesday	Wednesday	Thursday	Friday
6:15am		Spin Kathleen Wilson		Spin Kathleen Wilson	
10 am		Growing Stronger Ashley Luis	Silver Sneakers Ashley Luis (10:15 am)	Growing Stronger Ashley Luis	Silver Sneakers Ashley / Cicel
Noon	Spin Ruth Adams	Yoga Ashley Luis	Spin Jill Thieman	Yoga Ashley Luis	Pilates Gini McFarland
3:30 pm				Abs & Back Ripper Cicel Crosby	
5:30 pm	Body Sculpt Cicel Crosby	Spin Cicel Crosby	Zumba Krista Rains	Spin Ashley Barnes	

Class Descriptions:

Body Sculpting Circuit – Circuit training is a combination of moderate-intensity aerobics and resistance training designed to target all major muscle groups. It is easy to follow and will give you a great workout. Class Max: 20.

Yoga – Challenges individuals to enhance their yoga journey through a combination of breath, body placement and personal awareness. Class Max: 20.

Spin – Enjoy a fun and challenging workout as the instructor leads the class through a variety of rides and drills, such as speed and climbing. Class Max: 9.

Zumba – Fun, energizing workout combines Latin inspired movements with unique aerobic activity. Class Max: 20.

Pilates – Body strengthening routine that builds flexibility, strength, endurance and coordination without adding muscle bulk. It increases circulation and sculpts the body focusing on the core muscles. Class Max: 20.

Abs & Back Ripper - Thirty minutes of beginners to moderate intensity abdominal and back exercises. To strengthen lower back muscles and to stabilize the core muscles. Class Max: 20.

Growing Stronger - A one hour group total conditioning class for senior adults using dumbbells, weight machines and stability balls to improve muscle tone, strength, balance and flexibility.

Silver Sneakers - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living. A chair is offered for support, head to toe stretching and complete relaxation in a comfortable position