Healthy Columbus Onsite Group Fitness Q2, 2018

Schedule and Class Descriptions

Classes start the week of ***April 2nd, 2018*** and

end the week of ***June 15th, 2018***

Attend as many classes as you like!

All City employees are encouraged to participate in Healthy Columbus sponsored programming such as physical activity classes and health fairs. Supervisors are encouraged to consider requests for flexible work schedules for employees who wish to attend these programs.

Sign-up for free Right Start sessions!

Right Start is a health coaching program for employees who want to improve their fitness levels. Call x3979 or email plshick@columbus.gov to learn more about the program. You can participate in Right Start regardless of where you work out. It's the perfect compliment to these group fitness classes!

healthy COLUMBUS
CITY EMPLOYEE WELLNESS PROGRAM

THE CITY OF COLUMBUS
ANDREW J. GINTHER, MAYOR
DEPARTMENT OF HUMAN RESOURCES

UnitedHealthcare

Q2, 2018 Class Descriptions

Torch Boot Camp—Jennifer

This class incorporates the basic moves and form for proper exercise technique that can be used in a gym or at home. Free weights, cardio and core will be the focus for an intermediate workout . Nothing is designed to be heavy, but you will feel the burn. Modifications to exercises and pace can be made for all fitness levels.

Tabata

Tabata is a form of high-intensity interval training (HIIT). It involves short bouts of explosive interval moves done for 20 seconds each for eight rounds, with a 10-second break between each round. It can burn a whopping 13.5 calories a minute—and double a person's metabolic rate for 30 minutes afterwards.

Chair Yoga– Get Fit While you Sit!

Just about any pose that can be done standing, sitting, or lying on a mat can be adapted to sitting on a chair. Everyone is welcome-, each pose will be presented in multiple levels of flexibility. The class will include breathing, meditation, stretching, strengthening. Bonus: you can participate in your work clothes! *Yogis who wish to practice on a mat are able to do so.*

Dance Fusion

Dance fusion is a full-body, high energy exercise that is suitable for both beginners and advanced exercise enthusiasts. This class can be a diverse way for you to get the exercise you need each day. Each class will vary to ensure you receive optimal results.

Pilates

Pilates is a sequence of exercises performed on a mat using the abs, lower back and tush. Special attention is paid to detail, sequence, alignment and control of each movement. Virtually of the exercise are done in a low weight-bearing position allowing for little or no impact on the joints.

Incinerate

Train every part of your body with free-weights, cardio and core exercises. Routines will change weekly, incorporating body resistance, circuit/station training, and high intensity cardio Intermediate to an advanced fitness levels welcome.

Tummy and Tush

An incredible isometric workout for your tummy, tush, thighs and more. A blend of cardio and isometrics to ensure maximum results. This fat burning, calorie torching workout will leave you with sleeker thighs, a flatter tummy and a shapelier tush.

Yoga for Stress & Flexibility

Moves at a slower pace focusing basic poses and calming the mind an body. A few minutes of quiet mediation brings the class to an end. The student is revived and energized and ready to continue the work day.

Yoga for Strength

For students with some yoga experience. Moves at a slightly quicker pace and poses will build strength in the joints and all muscle groups- you might sweat a bit!

Zumba

Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

Cardio Kickboxing

This class will be a total body fitness experience using punching, kicking, and jabbing. Gloves and pads will be used for all levels to be challenged. Other cardio and core training will be incorporated.

Fit and Functional

This class will incorporate functional training that will use body weight, stretching and yoga moves, combined with jump rope, and movements reminiscent of recess. Other cardio and core exercises will also be incorporated for an all-in-one workout for effective muscle conditioning and cardiovascular health. It will be something different each week and hit total body!

Body Basics

This class is designed to slowly transition you from fitness novice to intermediate. Taken at your own pace in a safe, structured environment, You will learn different combinations of exercises to tone and create long lean muscle.

Meet Your Class Instructors

Betsy McGann 	**Bio:** Betsy understands that yoga can truly be for every body. She feels fortunate to have started practicing yoga again in 2012 After four years of being an enthusiastic student, she enrolled in the Yoga On High Teacher Training Institute, completing her RYT-200 certification in December of 2016. Betsy's favorite teaching focus is Hatha yoga, a slower-paced, yet challenging practice that allows for focus of the mind while outwardly focusing on alignment. Her mantra is "Kindness matters." She understands that kindness begins with how we treat ourselves.	**Classes Taught:** **Chair Yoga** **Meditation w/ Betsy** **Yoga for Stress and Flexibility**
Gwen Surrat 	**Bio:** Gwen has studied and taught yoga for over 30 years, brining this practice of mind and body to hundreds of yogis. Aside from the five City of Columbus classes, Gwen also teaches at McConnell Heart Health, State Farm (New Albany), Westerville Community Center and the Yoga Factory in Westerville.	**Classes Taught:** **Yoga for Stress and Flexibility** **Meditation w/ Gwen**
Lori Fannin 	**Bio:** Lori started practicing yoga via video in 1998 as a way to lose weight and really enjoyed it. Soon she was taking classes at her gym and was hooked and began teaching in 2004. Over the past decade Lori has taught yoga at local fitness facilities and currently teaches for the Healthy Columbus Program, downtown YMCA, AEP. Lori is consistently staying current with Yoga practices through continuing education and hopes to see you in class!	**Classes Taught:** **Yoga for Strength** **Yoga for Stress and Flexibility**
David James 	**Bio:** David is certified through NASM as a Personal Trainer and holds a Fitness Nutrition Certification also!	**Classes Taught:** **Incinerate** **Tabata** **Tummy & Tush**

Meet Your Class Instructors

Jonika Dennie 	**Bio:** Jonika Dennie began her fitness journey in 2014 when she began having weight related health issues. The mother of 2 enlisted the help of a friend from college to help achieve a weight loss goal of 54 lbs. It took a little more than a year, and having reached it she decided it was her turn to help others. After falling in love with HipHop dance, she decided that would be her focus. In April 2017 she obtained a certification in Zumba. Her classes have an urban twist with high intensity intermittent intervals, your certain to feel the burn while having fun.	**Classes Taught:** *Zumba*
Juana Williams 	**Bio:** Juana is fitness fanatic and is a Certified Personal Trainer. Having lost forty five pounds over 9 years ago, she understands the struggles of losing weight and what it takes to maintain it. She will join you on your journey as a constant source of encouragement/ motivation to keep you on track– she's ready to transform your life.	**Classes Taught:** **Tummy & Tush** **Tabata**
Lynn Pattin 	Bio: Lynn Pattin has been running competitively since the 7th grade. Lynn regularly attends workshops on sports nutrition, injury prevention, and other running related topics. She has participated in local running groups, corporate running clubs, and coached individual runners to help them achieve their running goals, whether it is completing their first 5K or tackling the longer distances. Lynn also enjoys Piloxing, strength-training, and a regular yoga practice.	**Classes Taught:** **Run Club**— These sessions are suitable for all ages and skill levels! Lynn will help you create a plan whether you're walking your first 5k or running your 10th marathon! Don't miss out on an this free opportunity to meet your race goals and get more peer support than you ever dreamed possible! Email BTKimbro@columbus.gov if you are interested in signing up– it's quick and easy!
Deb Messner 	**Bio:** All-American and professional athletes in Deb's family created an atmosphere where sports and competition were synonymous with life itself. As a Certified Personal Trainer she has been committed to helping people achieve their personal fitness goals for over 16 years. Knowledge and experience, planning, accountability, consistency and motivation are just a few of the important factors involved in staying on track for a healthy lifestyle.	**Classes Taught:** **Fit & Functional**

Front Street FITNESS

CITY EMPLOYEE FITNESS CENTER

2018 GROUP CLASS SCHEDULE

Starting January 2

CARDIO STRENGTH CARDIO & STRENGTH STRETCHING

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:45AM				Dynamic Warm up	DB/KB Power HIIT
12:00PM	Total Body Strength	Bodyweight HIIT	STRAIGHT CORE	Power & Endurance Bootcamp	
12:15pm					
12:30PM	Stretching	Endurance Training	Stretching		

Total Body Strength: Instructor led weight training designed to help improve strength and endurance by adding dumbbells and other equipment into a workout. (12-12:30pm)

Bodyweight HIIT: High intensity; fast paced workout designed to increase endurance and strength by incorporating short rest periods with high tempo work periods. (12-12:30pm)

Endurance Training: This is cardio… Stright up cardio. This will incorporate running, biking or other cardio exercises with rest periods to get your lungs burning. It is best to pair this with the Bodyweight HIIT class before it. (12:30-12:45PM)

STRAIGHT CORE: This is a workout that will incorporate core exercises at the beginning and stretching towards the end to give you a strong core and increased mobility. (12-12:30PM)

Dynamic Warm up: We are going to work on exercises to use to get warm and ready for any type of workout. (11:45-12PM)

DB/KB Power HIIT: We are going to get stronger by bring Dumbbells and Kettlebells into the workout while limiting our rest periods. (11:45-12:15PM)

Would you like to join FSF or have questions about group classes?
Contact Pat Shick, the YMCA Corporate Wellness Support Coordinator at plshick@columbus.gov or x3979

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Q2, 2018 Group Fitness Class Registration Form

Columbus.gov/hr/healthy-columbus/wellness-program/Group-Fitness-Classes/

Classes begin the week of April 2nd and end the week of June 15th.

Questions? Call Brandon Kimbro @ 645-3892

Mon.	1		**Yoga for Stress and Flexibility**		11:15-12:15		240 Parsons Ave. Fitness Rm.
	2		**Yoga for Stress and Flexibility**		12:30-1:30		240 Parsons Ave. Fitness Rm.
	3		**Body by Juana Boot Camp**		11:30-12:30		3639 Parsons Ave. Gym
	4		**Meditation w/Betsy**		2:30-3:15		1250 Fairwood Ave. Rm 0031B
	5		**Body Basics**		4:00-5:00		910 Dublin Rd—Auditorium
	6		**PiYo**		5:15-6:00		240 Parsons Ave. Fitness Rm.
Tues.	7		**Yoga for Stress and Flexibility**		11:30-12:30		3639 Parsons. Rm. 101
	8		**Yoga for Strength**		1:00-2:00		240 Parsons Ave. Fitness Rm.
	9		**Body by Juana Boot Camp**		3:30-4:30		3776 South High Street - COAAA
	10		**Cardio Kickboxing**		5:15-6:15		240 Parsons Ave. Auditorium
	11		**Yoga for Stress and Flexibility**		5:30-6:30		3776 South High Street - COAAA
Wed.	12		**Yoga for Stress and Flexibility**		11:30-12:30		1111 East Broad Exercise Rm
	13		**Yoga for Stress and Flexibility**		11:30-12:30		77 N. Front St. Cols. STAT Rm.
	14		**Meditation w/Betsy**		11:30-12:15		119 G—CPH
	15		**Body Basics**		4:00-4:45		910 Dublin Road. Auditorium
	16		**Fit & Functional**		4:00-5:00		4252 Groves Rd. Conference Rm.
	17		**Hip Hop Dance Fusion**		5:00-6:00		240 Parsons Ave. Fitness Rm.
Thurs.	18		**Incinerate**		11:30-12:30		240 Parsons Ave. Fitness Rm.
	19		**Yoga for Stress and Flexibility**		12:00-1:00		1250 Fairwood Ave. Rm 0031B
	20		**Body by Juana Boot Camp**		4:00-5:00		3776 South High Street - COAAA
	21		**Zumba Fusion**		5:00-6:00		77 N. Front St. Basement
Fri.	22		**Meditation w/Gwen**		11:30-12:15		77 N. Front St. Cols. STAT Rm.
	23		**Tabata**		11:30-12:00		240 Parsons Ave. Fitness Rm.