

# FITNESS CLASSES AT DOWNTOWN HEALTHPLEX

UPDATED: May 20, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>6:00-6:40 am <b>TONE &amp; CHISEL</b> Donald Redefine your body with resistance training exercises using free weights, tubing, medicine balls, and stability balls.</p>		<p>6:00-6:40 am <b>CORE &amp; MORE</b> Donald Hand-held weights are used to strengthen the core and improve balance and range of movement.</p>	
<p>11:30-12:10 pm <b>STRENGTH &amp; CORE</b> Jeanne Muscle conditioning class focused on building strength, core stability and flexibility.</p>	<p>11:30-12:10 pm <b>LUNCH LIFT</b> Jeanne Strength and conditioning intervals mixed with bursts of cardio challenge your strength and flexibility. Adaptable for all levels - beginners through avid exercisers.</p>	<p>11:30-12:10 pm <b>TABATA</b> Jeanne A fast-paced, cardio-based HIIT workout featuring cycles of 20 sec of work and rest. Get maximum benefits in minimal time.</p>	<p>11:30-12:10 pm <b>CORE &amp; MORE</b> Donald Hand-held weights are used to strengthen the core and improve balance and range of movement.</p>	<p>11:30-12:10 pm <b>CARDIO BLAST</b> Donald This blast of fun uses no equipment, just your body and a focus on strictly cardio – jumps, spot jumps, burpees and more calisthenics.</p>
<p>11:30-12:10 pm <b>MID-DAY RESET YOGA</b> Lorraine Mindful movements, breath practices and restorative poses help create ease and energize your body and mind.</p>	<p>12:15-12:55 pm <b>JUST ENOUGH</b> Jeanne This is a new approach to a lunchtime class. The 20 minutes of Cardio is just enough to rev up your energy level to get you through the afternoon and the 20 minutes of Core is just enough to make your muscles able to support you at work.</p>		<p>12:15-12:55 pm <b>POWER 45</b> Donald Non-impact strength training using barbell to target muscle groups. Light, medium and heavy weight with low to high repetitions exhausts the muscles creating more strength and lean muscle.</p>	
			<p>5:00-5:45 pm <b>YOGA PAUSE</b> Lorraine End your day with gentle flow, breath, meditation and restorative practices to create body/mind balance and space.</p>	



**MERCYHEALTH**  
Downtown HealthPlex