



## WELLCONNECT CLASS SCHEDULE January 2016

**Registration is not required for fitness classes, just drop in.**

Monday	Tuesday	Wednesday	Thursday
4 <b>Beginner Muscle</b> 5:15 pm <b>Step</b> 5:45 pm <b>Yoga Flow</b> 6:15 pm	5 <b>PiYo</b> 4:30 pm <b>Tabata</b> 5:15 pm <b>Horizontal Conditioning</b> 5:45 pm <b>Restorative Yoga</b> 6:15 pm	6 <b>Chair Yoga</b> 10:00 am <b>Step</b> 12:00 pm <b>Pilates</b> 5:15 pm <b>Yoga Flow</b> 5:45 pm <b>Yoga Well</b> 6:15 pm	7 <b>PiYo</b> 4:30 pm <b>Body Sculpting</b> 5:15 pm <b>Floor Core More</b> 5:45 pm <b>Yoga Flow</b> 6:15 pm
11 <b>Beginner Muscle</b> 5:15 pm <b>Step</b> 5:45 pm <b>Yoga Flow</b> 6:15 pm	12 <b>PiYo</b> 4:30 pm <b>Tabata</b> 5:15 pm <b>Horizontal Conditioning</b> 5:45 pm <b>Restorative Yoga</b> 6:15 pm	13 <b>Chair Yoga</b> 10:00 am <b>Pilates</b> 5:15 pm <b>Yoga Flow</b> 5:45 pm <b>Yoga Well</b> 6:15 pm	14 <b>PiYo</b> 4:30 pm <b>Body Sculpting</b> 5:15 pm <b>Floor Core More</b> 5:45 pm <b>Yoga Flow</b> 6:15 pm
18 <b>Beginner Muscle</b> 5:15 pm <b>Step</b> 5:45 pm <b>Yoga Flow</b> 6:15 pm	19 <b>PiYo</b> 4:30 pm <b>Tabata</b> 5:15 pm <b>Horizontal Conditioning</b> 5:45 pm <b>Restorative Yoga</b> 6:15 pm	20 <b>Chair Yoga</b> 10:00 am <b>Floor Core More</b> 12:00 pm <b>Pilates</b> 5:15 pm <b>Yoga Flow</b> 5:45 pm <b>Yoga Well</b> 6:15 pm	21 <b>PiYo</b> 4:30 pm <b>Body Sculpting</b> 5:15 pm <b>Floor Core More</b> 5:45 pm <b>Yoga Flow</b> 6:15 pm  <b>Lunch &amp; Learn</b> 12:00 pm "Fitting Fitness into a Busy Schedule" Presenter: Shayla Holtkamp
25 <b>Beginner Muscle</b> 5:15 pm <b>Step</b> 5:45 pm <b>Yoga Flow</b> 6:15 pm	26 <b>PiYo</b> 4:30 pm <b>Tabata</b> 5:15 pm <b>Horizontal Conditioning</b> 5:45 pm <b>Restorative Yoga</b> 6:15 pm	27 <b>Chair Yoga</b> 10:00 am <b>Pilates</b> 5:15 pm <b>Yoga Flow</b> 5:45 pm <b>Yoga Well</b> 6:15 pm	28 <b>PiYo</b> 4:30 pm <b>Body Sculpting</b> 5:15 pm <b>Floor Core More</b> 5:45 pm <b>Yoga Flow</b> 6:15 pm

**WellConnect is located on the corner of Third and Washington streets in downtown Columbus.**

# WELLCONNECT EXERCISE CLASS DESCRIPTIONS & PRICING

## Registration is not required for WellConnect exercise classes. Just drop in!

We are committed to providing you with convenient, affordable options to help support a healthier lifestyle and reduce stress. Passes may be purchased as indicated below. No need to register, just stop by and simply check-in to attend any of the exercise classes listed. WellConnect is located on the corner of 3rd and Washington Streets in downtown Columbus.

### Pass Options

5 visits = \$10      10 visits = \$20      20 visits = \$40

To get the latest WellConnect class schedules, go to [www.crh.org/wellconnect](http://www.crh.org/wellconnect).

### Levels of Intensity: (1) Beginner with a chair, (2) Beginner, (3) Intermediate, (4) Advanced

**Beginner Muscle (Level 2)** Learn the basic fundamentals of resistance training. Major muscle groups targeted.

**Body Sculpting (Level 3)** This class uses low resistance to sculpt and tone the body. Participants will perform continuous movement to build muscle, increase body temperature and elevate the heart rate. Light weights, low reps and intensity variations are demonstrated for different fitness levels.

**Chair Yoga (Levels 1, 2, 3, 4)** A multi-leveled class designed to improve body alignment and balance while performing yoga postures.

**Floor Core More (Levels 2, 3)** Targeting muscle groups in the core while adding some upper body exercises to improve strength and range of motion.

**Horizontal Conditioning (Level 3)** Your body weight will be all the resistance you'll need in this high-intensity, challenging class. If you seek defined muscles and an incredibly strong core, don't waste another minute, get horizontal now!

**Pilates (Levels 2, 3)** This class is designed to increase strength of the core. This class may not be appropriate for those recovering or suffering from any type of back injury.

**PiYo (Levels 3, 4)** A combination of Pilates and Yoga used to increase core strength and range of motion.

**Restorative Yoga (Levels 1, 2, 3)** Restorative Yoga is defined as Yoga postures completely supported by props, thus releasing the body to rest in the pose for longer periods to receive deeper benefits and encourages the body's innate healing. Restorative yoga can be challenging for beginners.

**Step (Levels 3, 4)** Using an elevated platform with choreographed step combinations to increase heart rate and build cardiovascular endurance.

**Tabata (Levels 3, 4)** Harnesses short duration high intensity exercises in a series to increase the after burn effect. Major muscle groups are targeted with this high-intensity workout.

**Vinyasa Yoga (Levels 3, 4)** Perform a series of Yoga postures to increase flexibility and strength. Create a flow of movement with postures to increase body temperature and heart rate. Participants must be familiar with yoga postures.

**Yoga Flow (Levels 2, 3)** Move through a series of Yoga postures to improve strength, flexibility and range of motion. Participants must be able to move from standing to floor exercises to be successful in this class.

**Yoga Well (Levels 1, 2, 3, 4)** To prime your body for winter health, flow through a sequence of supported and inverted poses designed to support the lymphatic system. Check with your doctor if you question if having your head below your heart may cause problems.