



WILTON P. HEBERT HEALTH &  
**WELLNESS CENTER**

# Group Fitness Schedule Winter 2018

Real-time class schedules, class descriptions and instructors on our mobile app. "CHRISTUS HWC"



Studio A					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:45 AM	HIIT 60				Muscle Mix
6:30 AM		Yoga Flow		Yoga Flow	
7:30 AM			Zumba Gold®		
8:00 AM		Zumba Gold®		Zumba Fitness®	
8:30 AM	Step Challenge		Athletic Step		Muscle Conditioning
9:35 AM	Muscle Conditioning Plus	Total Body Blast Plus	Muscle Conditioning	Choreo Step	
11:00 AM	Core Values	Kickboxing	Core Values		Core Values
12:00 PM	Tabata			Athletic Cross Train	
4:30 PM	Barbell Strength				
5:35 PM	HIIT 60	Zumba®	Muscle Conditioning	Zumba®	
6:40 PM	Barre Fitness				

Studio B						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM		Cycling	Power Abs	Cycling		7:30 AM
8:00 AM		Yoga Stretch		Yoga Stretch		Cycle Blast
8:30 AM	Surg	Mat Pilates	Restore	Mat Pilates	Cycling	8:30 AM
9:35 AM	Mat Pilates	Cycle Blast	20/20/20	MYZONE Ride		Yoga
10:00 AM					Fit Yoga	<b>Sunday</b>
10:50 AM		Body Focus		Body Focus	Mat Pilates	4:00 PM
12:00 PM	Mat Pilates	Yoga	Power Pilates	Surg	Kettlebell Functions	Yin Yang
4:30 PM		Cycling	Interval Ride	Cycle Blast		Yoga
5:35 PM	Hatha Yoga		Hatha Yoga		Hatha Yoga	
6:40 PM		Fit Yoga				

Indoor Pool					
<i>Indoor pool temperature is maintained between 82°-84° to meet safety standards</i>					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 AM	Aqua Cardio Curves	Aqua Resistance	Aquatic C.S.I.	Hydro Strength	Aqua Fun Day
8:00 AM	Aqua Motion	Water Works	Aqua Dynamics	Aqua 20/20/20	Aqua Dynamics
9:30 AM		Aqua Dynamics			
5:35 PM	Aqua Dynamics	Hydro Strength	Water Works		

Gym					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:35 PM		HIIT 60		HIIT 60	

All classes are subject to change. For your safety we ask that you not enter class after the first 15 minutes.

Class Descriptions may be found online or in the mobile app

**Use of personal music devices, recording devices, and cell phones are not allowed in group fitness areas.**