

Hobe Sound Group Exercise Class Schedule

Martin Health & Fitness Center at Hobe Sound
11600 S.E. Federal Hwy., Hobe Sound, FL 33455
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Feb 2015



MARTIN HEALTH SYSTEM
Health & Fitness Centers

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 a.m.	TBC Laura B	Cardio Sculpt Rachael	Barre Fitness Rachael	Cardio Burn Sandy	TBC Jeanette	
9:05 a.m.	CardioCore Laura B	Stretch & Core Rachael	Core Fusion Rachael	Pilates w/ Props Sandy	Cardio Sculpt Jeanette	9:00 a.m. Ashtanga Vinyasa Yoga Kristen
10:30 a.m.	Barre Pilates Mary Miller	Yoga Foundations Laura		Vinyasa Yoga Tracy	Yoga Foundations Tracy	10:15 a.m. Pranayama & Asana (50 min) Kristen
12 p.m.	11:35 a.m. Vinyasa Yoga Mary Miller	SilverSneakers® Classic Mary Dietz	Yoga Foundations Mary Miller	SilverSneakers® Classic Mary Dietz		
4:30 p.m.		Stretch & Core Mimi	Beginner Tai Chi Pat			
5:30 p.m.		5:40 p.m. 10/10/10 Mimi	Tai Chi Pat	Vinyasa Yoga Tracy		

For all fitness information or to fill out the instructor survey, please visit our website at martinhealth.org/fitness

Policies:

- ✓ Please arrive on time for all classes to allow for proper warm-up time and less disruption.
- ✓ All classes are on a first-come, first-served basis.
- ✓ Bring a friend for \$8 with the member discount! Non-members can work out for only \$12 a day.

Schedule and instructors subject to change without notice.

Health and Fitness Center Hours			
Sun	Mon – Thurs	Fri	Sat
9 a.m. – 2 p.m.	5:30 a.m. – 8 p.m.	5:30 a.m. – 7:30 p.m.	7 a.m. – 3 p.m.
Closed on New Years' Day, Easter Sunday, Independence Day, Thanksgiving Day and Christmas Day. Please see postings at each center for other closings or special hours.			

Class Descriptions

Yoga Foundations: A beginner level class which focuses on proper technique, working slowly through the Asanas to improve strength and flexibility. Props may be incorporated (chairs, blocks and straps).

Vinyasa Yoga: Vinyasa yoga synchronizes movement with breath, linking the postures together into a dynamic practice. The breath is used as a constant point of reference for returning to and resting in the present moment. All levels are welcome. *Persons with hypertension or cardiac history should speak to instructor regarding isometric exercises.

Ashtanga Vinyasa Yoga: Considered a classical form of yoga, Ashtanga purifies the body through distinct breathing practices and a set series of poses. This class will draw from the primary series and emphasize vinyasa flow.

Pranayama & Asana (a.k.a., Breath and Movement Yoga): In this class, we will explore a good deal of pranayama, or breath control, which is the primary aspect of any yoga practice. The hour will consist of breath work in conjunction with gentle asana and relaxation exercises.

10/10/10: It is 10 different exercises upper, lower and abs, 10 reps each and 10 rounds of this. Fast paced for cardio and great full body workout.

Total Body Conditioning (TBC): This class offers a variety of effective formats incorporating free weights, weighted bars, bands and step aerobics with an emphasis on cross-training techniques. Classes are taught in an interval format.

Cardio Sculpt: A heart-pumping cardiovascular workout with full body sculpting exercises.

Cardio Burn: Get your sweat on and burn those calories! A blend on floor, step and kickboxing designed to strengthen and tone the whole body.

CardioCore: Get your heart pumping with a cardio warm up, weight training, pilates core movements focused on strength and flexibility.

Core Fusion: A unique blend of yoga and Pilates movements, focused on core strengthening and lengthening of the muscles.

Stretch & Core: A perfect therapeutic non-impact workout designed to increase range of motion and improve flexibility as well as teach relaxation.

Barre Fitness: This low-impact workout will help one gain strength and flexibility while improving balance. This is a full body workout that fuses elements of classical ballet with strengthening exercises to help achieve long and lean muscles like a dancer. Everyone is welcomed and you do not need any dance experience to participate.

Barre Pilates: A blend of Pilates movements and Barre exercises designed to strengthen, lengthen and tone the body.

Pilates: Traditional Pilates movements designed to strengthen and lengthen your muscles which will increase coordination, alleviate back pain and increase flexibility. **w/ Props:** includes the use of small equipment.

SilverSneakers®

Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Tai Chi: A series of slow, graceful and controlled body movements. These movements have been compared to yoga and ballet. This class is a great activity for improving balance, flexibility and core stability.

Beginner Tai Chi: Want to get into Tai Chi? Join this perfect introduction which focuses on balance, and the basic movements which are the foundation of Tai Chi.