



Kensington Garage/Club level
 201 25th Ave. South
 Nashville, TN 37240
 Phone: 343-8943
www.healthplus.vanderbilt.edu

Hours of Operation:
 5am-9pm, Mon-Fri
 8am-2pm, Saturday

Group Fitness Classes at Health Plus (classes held in STUDIO 1 unless otherwise indicated)

October 1 - December 31, 2008

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 AM	Motivating Monday Liz - 60 min	Body Shaping Janell - 60 min	Kickboxing Kandice - 60 min	Body Shaping Janell - 60 min	Friday Fitness Bash Liz - 60 min	9-10am Step 2 - Janell
11:30 AM	Stretch It - STUDIO 2 Paula - 30 min	Yoga - STUDIO 2 Polly - 60 min		Yoga - STUDIO 2 Laura - 60 min		
	Step 1 Express Linda - 30 min	Step 2 Express Bonnie - 30 min	Pilates 60 min	Step 2 Express Bonnie - 30 min	Zumba Abby - 60 min	10-11:15am Yoga - Natasha STUDIO 2
12:00 PM	BOSU Basics Linda - 30 min	Upper Body Blast Bonnie - 30 min		Lower Body Blast Bonnie - 30 min		11:30-12:30 Powerlift - Mandy
12:30 PM	Pilates Jarrah - 60 min	Step/Bosu 1 Express Bonnie - 30 min	Martial Arts/Self Defense Lisa - 60 min	Strength 1 Express Bonnie - 30 min	Powerlift Jarrah - 60 min	
12:30 PM	Gentle Yoga -STUDIO 2 Linda - 60 min					
4:15 PM	Step 2 Janelle - 60 min	Ab Blast Lori - 15 min	Ab Blast Bonnie - 15 min			
4:30 PM		Nia Lori - 45 min	Step Bonnie - 45 min	Cardio Strength Liz - 45 min		
5:15 PM	Functional Fitness Kandice - 60 min	Step 2 Express Kathy - 30 min	Kickbox Express 30 min	Sport Bosu Kandice - 60 min	Step 2 Mark - 60 min	
		Pilates - STUDIO 2 Bonnie - 60 min				
5:30 PM	Gentle Yoga -STUDIO 2 Paula - 60 min		Gentle Yoga -STUDIO 2 Mary Etta - 60 min	Yoga -STUDIO 2 David - 60 min		
5:45 PM		Upper Body Blast Kathy - 30 min	Lower Body Blast 30 min			
6:15 PM	Bellydance Sarah - 60 min	Power Yoga - STUDIO 2 60 min	Turbokick Mark - 60 min	Zumba Auchaia - 60 min		

Definitions:

- Ab Blast:** 15 minute workout for the abdominal muscles
- Bellydance:** Learn basic bellydance moves, work your core muscles, trim your waistline in this fun class
- Body Shaping:** Weight training in a class setting; full body workout using dumbbells, tubes, & balls
- Bosu 1:** 30 minute class to introduce our latest toy used for cardio as well as strength training
- Cardio Strength:** Using a variety of equipment, improve your muscular strength and endurance as well as mobility and cardiovascular fitness
- Friday Fitness Bash:** Total body conditioning mixed with cardio sports drills, kickboxing, abs and strength; a new mix every week
- Functional Fitness:** Full body workout to increase muscle strength and endurance; must have experience on bosu
- Gentle Yoga:** Not quite as intense as a regular yoga class; all levels welcome
- Kickboxing:** A cardio workout incorporating moves from the martial arts
- Kickboxing Express:** A cardio workout incorporating moves from the martial arts in 30 minutes
- Lower Body Blast:** 30 minute class tones legs, buttocks, and abs
- Martial Arts/Self Defense:** A combination of martial arts, boxing, self defense, circuit training, and sparring. Informal class taught by a certified martial arts instructor; will accommodate beginners, advanced, and highly trained students
- Motivating Monday:** Total body conditioning mixed with cardio sports drills, kickboxing, abs and strength; a new mix every week
- Nia:** Low impact aerobics including dance, kickboxing, tai chi, yoga, and more
- Pilates:** Core conditioning focuses primarily on strengthening the back and abdominal muscles
- Powerlift:** Strength training workout emphasizing toning and muscle definition; targets every major muscle group
- Power Yoga:** Safe and effective workout that will improve your cardio, strength and flexibility level
- Sport Bosu:** Intermediate/advanced workout on the bosu; must have experience on bosu or have taken Step/Bosu 1
- Step 1:** This class uses a step platform where step height can be adjusted to suit individual fitness levels. Features include uncomplicated steps and a fun, results-orientated workout. Great for fat-burning and murder for butt and thighs!
- Step 2:** Higher intensity, as well as more challenging choreography than Step 1. Prior experience in Step I is recommended, but not required, for Step II participants
- Step 1 or 2 Express:** Same as Step 1 and Step 2 except these classes allow you to get your workout in 30 minutes (express)
- Step/Bosu 1 Express:** Basic step and bosu workout; good for those who have never used a step or bosu
- Strength 1 Express:** Learn correct form for upper and lower body toning exercises; good for beginners
- Stretch It:** Basic stretching class to improve flexibility; good for all levels of fitness
- Turbokick:** You'll kick, punch and groove the calories away in this action-packed, cardio workout
- Upper Body Blast:** 30 minute class to tone arms, chest, back and abs
- Yoga:** Stretch, relax, increase flexibility
- Zumba:** Cardio interval workout with aerobic and dance movements to Latin music; get your groove on

Indicates classes that are best for intermediate to advanced levels. However, all levels are welcome.

Group Fitness Classes at Other Locations						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM			Indoor Cycling** VOIFC Gina - 60 min			
12:30 PM		Organized Track Johnny - Track 60 min		Organized Track Johnny - Track 60 min		
4:45 PM		Yoga MRL 241* Gigi - 60 min				
5:00 PM	Aqua Aerobics Diane - Dayani 60 min	Aqua Aerobics Barb - Dayani 60 min	Aqua Aerobics Diane - Dayani 60 min	Aqua Aerobics (5:15) Kim - Dayani 45 min	Aqua Aerobics Diane - Dayani 60 min	
5:15 PM		Kickboxing Mark - Kirkland Hall 60 min		Kickboxing Mark - Kirkland Hall 60 min		
5:30 PM				Boot Camp Johnny - Track 60 min		
5:45/6:00PM	Indoor Cycling** VOIFC (5:45PM) Lillian - 60 min			Aqua Tone Kim - Dayani 45 min (6:00PM)		

Definitions:	
Aqua Aerobics:	Consists of cardiovascular and muscle conditioning segments in shallow pool
Aqua Tone:	This 45 minute class will tone your muscles using props in the water
Boot Camp:	Intense full body workout that works all muscles doing drills such as push ups, jumping jacks, and abs This class meets at the outdoor track. Call 343-6576 for more details.
Indoor Cycling:	Indoor cycling is a fantastic heart pumping workout taught on a stationary bike Class meets at Vanderbilt Orthopaedic Institute Fitness Center (VOIFC) **see more details below
Kickboxing:	A cardio workout incorporating moves from the martial arts
Organized Track:	For intermediate to experienced runners; speed work on the track which includes intervals of 400m up to 1600m; distances and times based on individual fitness levels Class meets at the outdoor track at the Campus Rec Center rain or shine; call 3-6576 before first class
Yoga:	Stretches all of the muscle groups for improvement in flexibility and muscle tone and great for relaxation and stress release (Hatha and various other styles incorporated)

Campus Recreation Center (CRC) Activities:		
Monday through Friday	11:30am-1:30pm	Indoor Track and Basketball Court
Monday, Wednesday, & Friday	6:30am- 8:30am	Lap Swim
Monday through Friday	12:00pm-1:30pm	Lap Swim
Saturday	11:00am-1:30pm	Lap Swim
You may only participate in CRC activities at times listed above (track, basketball, lap swim)		
All other activities require a membership to the CRC		
To access the above activities at the CRC, obtain an ID sticker at Health <i>Plus</i> or CRC front desk		

Every class welcomes NEW participants. There are always options shown to suit basic or beginner levels and also for more advanced training. Please advise the instructor that you are new to the workout and he/she will be happy to give you additional instruction. Don't be shy or concerned....YOU CAN DO IT!!

Proper athletic shoes must be worn in all aerobics and strength classes; no open toes, heels or clogs.

Please enter STUDIO 2 through front/main entrance.

*MRL 241 is located in the Kennedy Center on Peabody campus on Magnolia Circle. For further directions call 2-8238.

** Indoor cycling classes meet at Vanderbilt Orthopaedic Institute Fitness Ctr (VOIFC), 1210 Medical Ctr Dr in Med Ctr East/South Tower). In order to participate:

1. Complete paperwork at Health *Plus*
 2. Turn in paperwork and have your picture taken at VOIFC and obtain access card
 3. Call Health *Plus* at 936-5698 12 hours in advance to reserve a bike for class
- Bring water and arrive 10 minutes early to set up equipment. Health *Plus* participants only have access to the indoor cycling class and use of the locker room/showers.