

**FREE for all employees, spouses, volunteers & HEALTH 4 U
Participants!**



Class Descriptions

(C) indicates a cardio class, (S) indicates a strength training class

Anything Goes (C&S): *You never know what you're going to get in this class! We will use all types of props and gear. Weights, bands, ropes, medicine balls, BOSUs and Swiss balls are used to work your muscles while increasing balance and stability.*

Body Blast (C&S): *This unique workout combines shorter strength training and cardio intervals with 30 seconds of work and 10 seconds of rest. With this fun combination you'll achieve serious fitness in no time!*

Mini Circuits (C&S): **NEW!** *Cross training at it's best! High intensity strength & cardio exercises with short rest periods to push you into your fat burn zone. You will achieve a full body workout FAST! The variety of each class will keep you coming back for more!*

On the Ball (S): *Whether you are a beginner or seasoned veteran with the Swiss ball or medicine ball, this class will take you to a new level of confidence with a variety of total body exercises. By using these simple exercise tools, your body will experience a level of fitness you will love. Come on down and have a ball!*

Butts & Guts (S): **NEW!** *This class will combine a mix of lower body strength and core exercises to strengthen and tone your legs and abs! Circuit style training will keep your heart rate elevated in kick in the calorie burn!*

Tabata (C&S): *This high intensity interval training workout consists of only 8 exercises! Each exercise is done for 8 rounds, with 20 seconds of work and 10 seconds of rest. Get a full body workout that flies by!*

Total Body Tone (S): *In this class, strengthening and toning moves are modified for all levels! You'll get a full body workout with these smooth, easy to learn moves.*

Cardio Strength (C&S): **NEW!** *Your upper body strength and cardiovascular fitness will be challenged in this class! HIIT principles will provide varying work to rest ratios, and you'll be feeling the burn of a successful workout by the time you are done!*

Yoga (S): *You will quickly see that this class is the breath of fresh air in the fast paced world we live in. The focus of this class is to help you relax and unwind while stretching gently. Soft, flowing poses allow you to connect your body and mind while increasing your flexibility gently. You will leave this class feeling like you just stepped outside on a beautiful sunny day!*

Classes will be held in the Group Exercise Room in the lower level of the Specialty Center. Changing rooms, water, and towels are provided.

Employees must get approval from their directors and punch out before attending class.

If you have any questions, comments, or suggestions please contact Jason Noble at 608-768-6252 or by e-mail: jnoble@ramchealth.org

CLASSES ARE SUBJECT TO CHANGE.

CLASSES ARE ALSO SUBJECT TO BEING CANCELLED FOR EMERGENCY PURPOSES OR DUE TO WEATHER. Please check either the time clocks, the hospital switchboard operators, CPSI, or posted outside the group exercise room. You can also be included in our Group Exercise Call List for cancellations and updates. Please contact Jason if you would like to be included.