

# Penrose Hospital Group Exercise

Penrose Hospital | 2222 North Nevada Avenue | Colorado Springs 80907  
Wellness Center Group Exercise Room, E-Tower Basement | (719) 776-7393

**PSF Wellness Center** offers group fitness classes to Centura employees, volunteers and our community. Classes are subject to changes and cancellations. Receive up-to-date communication by texting **PSF Wellness** to **84483** or by calling our hotline at **719-776-5595**. Find our schedule online at [Penrocestfrancis.org/community](http://Penrocestfrancis.org/community).

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Bootcamp</b> 6:30-7:15AM <i>Erin</i>  10-week session 8/5/19—10/14/19	<b>Tai Chi</b> 9-10AM <i>Martin</i>	<b>Gentle Tai Chi</b> 9-10AM <i>Martin</i>	<b>Tai Chi</b> 9-10AM <i>Martin</i>	<b>Walking Yoga</b> 9-10AM <i>Martin</i>
<b>Total Body Concepts*</b> 9:45-10:30AM <i>Erin</i>	<b>Body Blast</b> 11:45-12:15PM <i>Kristine</i>	<b>Express Zumba ♡</b> 12:00-12:30PM <i>Anna</i>	<b>Express Cycle ♡</b> 11:15-11:45AM <i>Jenna</i>	<b>TGIF Yoga</b> 12-12:45PM <i>Chauncey</i>
<b>Express Tabata ♡</b> 11:30-12PM <i>Nicole</i>	<b>Fabulous Abs</b> 12:20-12:35PM <i>Kristine</i>	<b>Easy Chair Yoga*</b> 2-3:00PM <i>Cyd</i>	<b>Express Yoga Sculpt</b> 12-12:30PM <i>Jenna</i>	* denotes private class for cancer survivors  ♡ denotes Heart-Zones® training
<b>Body Toning</b> 12:15-12:45PM <i>Nicole</i>	<b>Glorious Glutes</b> 12:35-12:50PM <i>Kristine</i>			
<b>Couch to 5K</b> 4:45-5:45PM <i>Sarah</i>	<b>Cycle Mania ♡</b> 4:45-5:30PM <i>Anna</i>		<b>Power Pump</b> 4:45-5:45PM <i>Elyn</i>	

Penrose-St. Francis  
Wellness Center



# Class Descriptions

Instructors maintain professional certifications from nationally accredited agencies.

**Body Blast:** *Using barbells, balls, tubing, BOSU's and more; focused on cardio and strength.*

**Body Toning:** *Uses a variety of resistance training methods to achieve total body strength & endurance.*

**Bootcamp:** *Fire up your metabolism with an efficient workout for the whole body. You'll use a variety of equipment for both cardio and strength exercises.*

**Couch to 5K:** *Train to cross the 5K finish line feeling strong and injury-free! This class will combine running and cross-training drills to prepare for the Colorado Springs 5K on September 28. All levels welcome!*

**Cycle Mania ♥:** *Hop on the saddle and join this fun and cutting edge workout! Increase your aerobic & muscular endurance, strength, & power where the terrain and drills vary.*

**Express Cycle ♥:** *Get on your bike and ride! Pedal through an energizing cardio workout geared to have you out the door in 30 minutes!*

**Express Yoga Sculpt:** *Body toning meets yoga! Move through a series of poses using dumbbells to boost metabolism, build lean muscle & torch calories. This is a moderate-high-intensity class.*

**Express Tabata ♥:** *Tabata training involves high-intensity interval training (HIIT) using a variety of exercises. Push yourself as hard as you can for 20 seconds & rest for 10 seconds for each set.*

**Express Zumba ♥:** *This high energy class fuses hypnotic Latin rhythms, international flavor, & easy-to-follow dance moves. It's so much fun you'll be wondering where the time went! All fitness levels welcome.*

**Fabulous Abs:** *Express 15 minute class to strengthen the core muscles! Take a break from work without getting super sweaty.*

**Gentle Tai Chi:** *Join this evidence-based class based on Harvard Medical School protocols for improved balance, mobility, flexibility, and brain health. Excellent for beginners and those wanting to deepen the foundations of their Tai Chi practice.*

**Glorious Glutes:** *Express 15 minute class to work the biggest muscles in your lower body with glide disks, bands, and weights to strengthen and lift your glutes and produce leaner legs.*

**Power Pump:** *You'll rock this full body barbell workout designed to build strength and get lean and fit! We use light to moderate weights with lots of repetition to fast track results.*

**Tai Chi:** *A form of "moving meditation" practiced with slow, relaxed, & flowing movements. Class is ideal for those seeking gentle rehab exercises & to study "inner power" through calmness.*

**TGIF Yoga:** *Release the stress of your week with slow, relaxed yoga flows followed by guided breathing and meditation. You'll reset your body and mind into the weekend and walk out rejuvenated.*

**Walking Yoga:** *Experience "Yang Sheng," a walking exercise performed like Tai Chi with gentle movements promoting balance, strengthening heart and lungs, and coordination of brain and body.*

♥ denotes HeartZone® training

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