

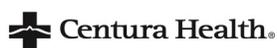
# Penrose Hospital Group Exercise

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 Haggard</i>	<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>TGIF Yoga</b> 12-12:45PM <i>Chauncey</i>
<b>Total Body Concepts*</b> 9:45-10:30AM <i>Erin Haggard</i>	<b>Express Body Blast</b> 11:45-12:15PM <i>Kristine</i>	<b>Express Cardio Kickboxing ♥</b> 11:30-12PM <i>Erin Heberlein</i>	<b>Express Cycle ♥</b> 11:15-11:45AM <i>Chauncey</i>	
<b>Express Tabata ♥</b> 11:30-11:45AM <i>Nicole</i>	<b>Fabulous Abs</b> 12:20-12:35PM <i>Kristine</i>	<b>Express Zumba ♥</b> 12:05-12:35PM <i>Anna</i>	<b>Express Yoga Sculpt</b> 12-12:30PM <i>Chauncey</i>	
<b>Body Toning</b> 12:15-12:45PM <i>Nicole</i>	<b>Glorious Glutes</b> 12:35-12:50PM <i>Kristine</i>	<b>Easy Chair Yoga*</b> 2-3:00PM <i>Cyd</i>	* denotes private class ♥ denotes HeartZones® training	
<b>Wild Card Cardio Sculpt</b> 5-5:45PM <i>Sarah</i>	<b>Cycle Mania ♥</b> 4:45-5:30PM <i>Anna</i>	<b>Yoga 4 All</b> 4:15-5:15PM <i>Tricia</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 any equipment our space offers, your body will focus on cardio and strength during this 30 minutes class.

**Body Toning:** This 30-minute class uses a variety of resistance training methods and equipment to achieve total body strength and endurance.

**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.

**Easy Chair Yoga\*:** Private class for cancer survivors and caregivers .

**Express Cardio Kickboxing ♥:** Jab, hook, cross, uppercut, & kick your way to a fitter you in an upbeat and fun cardio workout!

**Express Cycle ♥:** Get on your bike and ride! Pedal your way 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 so you can enjoy flat, fabulous abs! 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 60-minute 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.

**Total Body Concepts:** Private class for cancer survivors in current or post treatment .

**Yoga 4 All:** Practice breathing techniques, movement and different meditative styles to help you de-stress and live more joyfully.

\*denotes private class

♥ denotes HeartZone® training

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 Centura Health.

Updated 12/18/18