Energize Group Fitness Schedule

Effective January 6 - May 31, 2020

CLASSES - ongoing every week

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>9:30-10:30 am</td>
<td>Yoga for Boomers</td>
<td>Sajak Atrium</td>
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<tr>
<td></td>
<td>4:40-5:30 pm</td>
<td>Zumba</td>
<td>Rotary Room</td>
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<tr>
<td></td>
<td>5:15-6:15 pm</td>
<td>Yoga &amp; Meditation</td>
<td>Sajak Atrium</td>
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<tr>
<td></td>
<td>5:40-6:30 pm</td>
<td>Cardio Strength Fitness</td>
<td>Rotary Room</td>
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<tr>
<td>Tuesday</td>
<td>9:30-10:30 am</td>
<td>Gentle Vinyasa Yoga</td>
<td>Sajak Atrium</td>
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<tr>
<td></td>
<td>5:40-6:30 pm</td>
<td>Zumba</td>
<td>Rotary Room</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:30-10:30 am</td>
<td>Pilates for a Healthy Spine</td>
<td>Sajak Atrium</td>
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<tr>
<td></td>
<td>10:30-11:30 am</td>
<td>Gentle Chair Yoga</td>
<td>Sajak Atrium</td>
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<tr>
<td></td>
<td>5:15-6:15 pm</td>
<td>Yoga Flow</td>
<td>Sajak Atrium</td>
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<td></td>
<td>5:10-6 pm</td>
<td>Total Body Fitness</td>
<td>Rotary Room</td>
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<tr>
<td>Thursday</td>
<td>3:30-4:30 pm</td>
<td>Yoga &amp; Meditation</td>
<td>Sajak Atrium</td>
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<td></td>
<td>5:40-6:30 pm</td>
<td>Zumba</td>
<td>Rotary Room</td>
</tr>
<tr>
<td>Friday</td>
<td>9:30-10:30 am</td>
<td>Yoga for Boomers</td>
<td>Sajak Atrium</td>
</tr>
<tr>
<td>Saturday</td>
<td>9-9:50 am</td>
<td>Pilates for a Healthy Spine</td>
<td>Sajak Atrium</td>
</tr>
<tr>
<td></td>
<td>10-11 am</td>
<td>Yoga &amp; Meditation</td>
<td>Sajak Atrium</td>
</tr>
</tbody>
</table>

Class Locations:

- Rotary Room
  1st floor, Clatanoff Pavilion
- Sajak Atrium
  2nd floor, Sajak Pavilion

For directions, go to AAHS.org/-gethere

Fees for AAMC Employees:*

- EZ pass (unlimited): $20/paycheck**
- Energize 10-class card: $80**
- Drop-in (1 class): $10

*Employees include AAMC staff and immediate family, AAMC contractors, medical tenants on the AAMC campus, AAPG personnel, Auxiliary members, and AACPS employees/retirees.
**Payroll deduction available.

Fees for Community:

- EZ pass (unlimited): $69/month
- Energize 10-class card: $120
- Drop-in (1 class): $15

**Note:** Please bring your own mat and towel when applicable.

Classes, times, locations and format are subject to change.

In case of inclement weather, Energize follows the AA Co Public Schools cancellation policy.

FITNESS WORKSHOPS: Energize offers specialized Fitness Workshops throughout the year. Please check the website for specific modalities, dates, duration, class times, and applicable fees.

Questions? Call 443-481-5555 or email energize@aahs.org

Visit us online: www.aahs.org/Improve-Your-Body
Energize Fitness Classes

Weekly classes

Gentle Vinyasa Yoga
Vinyasa yoga connects the breath with a flowing sequence of postures to create a dynamic and relaxing practice for all levels. Concludes with meditation and a deep relaxation.

Cardio Strength Fitness
This class is a perfect blend of heart-pounding drills to increase energy. There is also strength training to improve posture. All fitness levels welcome!

Pilates for a Healthy Spine
Pilates is all about efficient movement. You will use your abs, back and pelvic floor to improve your posture.

Total Body Fitness
This full-body workout combines strength training and cardiovascular work. It builds head-to-toe lean body mass, endurance and a healthy heart.

Yoga & Meditation
Yoga can help you reduce stress and relax. Improve your flexibility, strength, coordination and concentration. All levels are welcome.

Yoga for Boomers
This class provides a foundation of physical postures and breath work for yoga beginners.

Yoga Flow
Yoga postures are linked with breath in a meditative flow that includes stretching and relaxation. Experience with fundamentals of poses recommended.

Yoga Gentle Chair
This is for people with physical limitations or beginners. Learn creative ways to practice yoga with a chair. We recommend getting physician consent before joining the class.

ZUMBA®
Have fun and burn calories! This class fuses Latin rhythms with easy-to-follow moves.

Workshops

Introduction to Postpartum Fitness
This class will help you understand the building blocks of getting back into shape and what you can do to feel your best and maximize your fitness after giving birth.

Mommy & Me Fitness
A full-body exercise program designed to build strength, flexibility and aerobic fitness for moms returning from childbirth. Classes address proper pelvic floor and core recovery, posture and flexibility through cardio and strength training, all while your baby is with you!

Introduction to Prenatal Fitness
Learn how to have a safer and healthier pregnancy and an easier post-delivery recovery by understanding the benefits of exercising while pregnant for mom and baby and proper exercise modifications.

Prenatal Yoga
Practice yoga postures and breathing exercises to improve your comfort during pregnancy and birth.

Senior Strong
Use a chair to learn seated aerobics, strength training and flexibility exercises. You’ll also improve balance in a safe and supportive environment.

Strong Women
Strength training geared toward mid-life and beyond.

Questions?
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Email: energize@aahs.org

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