



Energize Group Fitness Schedule

Effective June 3, 2019 - September 2, 2019

CLASSES- ongoing every week

Monday

9:30-10:30 am	Yoga for Boomers	Sajak Atrium
4:40-5:30 pm	Zumba	Rotary Room
5:15-6:15 pm	Yoga & Meditation	Sajak Atrium
5:40-6:30 pm	Cardio Strength Fitness	Rotary Room

Tuesday

5:40-6:30 pm	Zumba	Rotary Room
5:10-6pm	Body Strength & Core	Sajak Atrium

Wednesday

9:30-10:30 am	Pilates for a Healthy Spine	Sajak Atrium
10:30-11:30 am	Gentle Chair Yoga	Sajak Atrium
5:15-6:15 pm	Yoga Flow	Sajak Atrium
5:10-6 pm	Total Body Fitness	Rotary Room

Thursday

3:30-4:30 pm	Yoga & Meditation	Sajak Atrium
5:40-6:30 pm	Zumba	Rotary Room

Friday

9:30-10:30 am	Yoga for Boomers	Sajak Atrium
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Saturday

9-9:50 am	Pilates for a Healthy Spine	Sajak Atrium
10-11 am	Yoga & Meditation	Sajak Atrium

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

Class Locations:

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

For directions, go to AAHS.org/getthere

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.

Energize Fitness Classes

▶ Weekly classes

Body Strength and Core

Strengthen and tone your body from head to toe. This class includes a special focus on abs and core.

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

Body Back®

This all-inclusive program helps new moms lose weight and get back their pre-baby body. It combines high-intensity exercise classes, meal planning and coaching.

Fit4Baby

A prenatal fitness program that teaches women how to exercise safely and effectively throughout their pregnancy. The interval-based classes combine elements of strength training, cardiovascular exercises and stretching and balancing exercises.

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.

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energize

together physical wellbeing