



Carolinas HealthCare System Union

Fitness Center Schedule

December 19 – January 26

The Fitness Center will be **closed** on December 26 and January 2 in observance of *the Holidays*

DAY / TIME	CLASS TYPE	INSTRUCTOR
Monday		
5:30 – 6:20 a.m.	S.O.S. Fitness	Michelle
3:30 – 4:20 p.m.	P90x Live	Sommer
Tuesday		
4:30 – 5:20 p.m.	Stretch and Balance	Marie
Wednesday		
3:30 – 4:20 p.m.	P90x Live	Sommer
4:30 – 5:20 p.m.	Insanity	Carrie
5:30 – 6:20 p.m.	Power MAXX	Michelle
Thursday		
	30/30/30 Fitness	
3:30 – 4:00 p.m.	Cardio	Shelley
4:00 – 4:30 p.m.	Strength	Shelley
4:30 – 5:00 p.m.	Toning and Abs	Shelley

Class Information:

- Classes are **FREE** and open to all **Carolinas HealthCare System** teammates.
- Teammates must complete the waiver before attending class.
- Class size is limited to *15 participants* and will be granted on a first-come, first serve bases.
- Participants must show their **Teammate ID Badge** to the instructor upon entering each class.
- The class schedule may change every six weeks in an effort to meet teammates' demands.
- Suggestions and comments related to the Fitness Center should be sent to shantel.mclaughlin@carolinashealthcare.org.

Class Descriptions

30/30/30 Fitness

Instructor: Shelley

The first 30 minutes consists of total cardio, second 30 minutes will be strictly strength, with the last 30 minutes consisting of abs and toning exercises. These three elements will give you a total body workout from head to toe! Please feel free to join the class at any time!

Insanity Fitness

Instructor: Carrie

This workout is cardio centered that focus on two or more large muscle groups at a time. You will use your own body weight to maximize your strength. Your body will supply the resistance and weight.

P90x Live!

Instructors: Sommer & Carrie

P90X Live® is a total-body program that incorporates strength training, cardio, core work and flexibility. It uses the science of "muscle confusion" to challenge your body with new moves and routines. P90X® also uses some plyometric training that helps people beat their plateau by training their bodies with different workouts.

POWER MAXX – “MOVEMENT, ACTION, XTRA ENERGY, XTRA FUN”

Instructor: Michelle

This high intensity workout using the boot camp style aerobics or step, weights, bands, balls, and mat.

S.O.S – “Sweat Off Stress”

Instructor: Michelle

This class is a low impact cardio and toning class. It is great for beginners but can also accommodate advanced “sweaters”. Participants from all levels of fitness are invited to try this class.

Stretch and Balance

Instructor: Marie

This low impact class will focus on unique Stretching techniques to relieve body aches and muscle stiffness and improve flexibility and strength. Good balance is a skill that is lost over time from too much sitting. This class will also teach safe and effective Balancing methods to improve posture, stability and confidence to move with ease and body awareness. If you spend too much time in front of a computer or driving, this is a good class for you!