

CLASS SCHEDULE - MAY 2015

The Employee Wellness Program | Mercy Hospital | Huntly Building 2nd floor | 305-854-4400 ext. 3469

Staffed Hours: Mon 12-5P / Tue 2-7P / Thurs 12-5P / Fri 12-7P , Gym Open 24 Hours

Class	Day	Time	Duration	Location	Instructor	Note
LMR / Core	Mon	12:30 PM	20 min	Employee Gym	Jose	
Outdoors Yoga ☀️	Mon	4:45 PM	45 min	Terrace	Gabriel	Bring Mat
LMR / Full Body	Mon	5:30 PM	45 min	Employee Gym	Christina	
Zumba	Mon	6:30 PM	45 min	Terrace	Christina	
LMR / Core	Tues	3:30 PM	20 min	Employee Gym	Jose	
Boot Camp ☀️	Tues	4:45 PM	30 min	Plaza / Outdoors	Jose	Bring Mat
Outdoors Yoga ☀️	Wed	4:45 PM	45 min	Terrace	Willie	Bring Mat
Zumba	Wed	5:30 PM	45 min	Conf. Rm C	Christina	
LMR / Full Body	Wed	6:30 PM	45 min	Employee Gym	Christina	
LMR / Core	Thurs	12:30 PM	20 min	Employee Gym	Jose	
Boot Camp ☀️	Thurs	3:30 PM	30 min	Plaza / Outdoors	Jose	Bring Mat
LMR / Full Body ☀️	Thurs	4:45 PM	45-60 min	Emp. Gym / Outdoors	Jose	
Salsa Aerobics	Thurs	6:30 PM	45 min	Conf. Rm C	Raquel	
Zumba	Thurs	7:45 PM	45 min	Conf. Rm C	Raquel	
Outdoors Yoga ☀️	Fri	5:30 PM	45 min	Terrace	Gabriel	Bring Mat



TTC Celebrations

Come meet the inspirational Finalists of the 2015 TTC and hear their amazing stories
Monday 05/11 at 12:30PM Conf. Room A



got PT?

Experienced Personal Trainers are here to help you reach your goals! Check out the new Staffed Hours at the Employee Gym

IMPORTANT - PLEASE READ:

- MUST BRING YOUR WORK ID TO ATTEND ANY OF THESE CLASSES
- Some classes requires that you bring your own mat
- Class schedule, times, and locations are subject to change
- Stop by the Employee Gym during staffed hours for more details



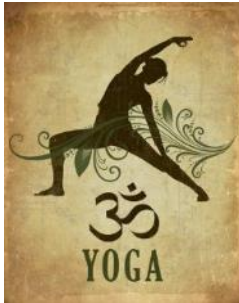
* Outdoors Class - Weather permitting. Will relocate inside to the Employee Gym in case of rain or bad weather conditions

CLASS DESCRIPTION - THE EMPLOYEE WELLNESS PROGRAM AT MERCY HOSPITAL



Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.

- Duration of the workout: 45 minutes
- Suitable for all levels: Beginner, intermediate, and advanced
- Prior dance experience NOT required



Yoga: Learn the centuries-old art of posture and movement. The word Vinyasa means the connection of breath to movement. Thus in Vinyasa yoga all movements are synchronized with the breath, creating a practice that is both dynamic and flowing.

- Duration of the workout: 30-45 minutes
- Suitable for all levels: Beginner, intermediate, and advanced
- Must bring a mat
- Targeted Core Exercises



LMR is the solution for busy professionals who are looking for an effective workout in a short period of time.

- Duration of each LMR: 15-20 minutes / LMR Full Body: 45-60 minutes
- Suitable for all levels: Beginner, intermediate, and advanced
- Targeted muscle groups: LMR Core / LMR Arms / LMR Legs
- Must bring a mat to LMR Core
- Try one class at a time or challenge yourself to a full POWER HOUR!



Burn up the dance floor and burn calories too! Salsa Aerobics blends Salsa and exercise moves, making them simple and easy to follow! Anyone can do this! This workout feels more like a night on the town than exercise. Drop the pounds and get rapid results while you dance, dance, dance!

- Duration of the workout: 45 minutes
- No dance experience necessary
- Open to beginner, intermediate and advanced
- Get ready to sweat and have fun!



“AVERAGE IS NOT AN OPTION!”

Set your fitness goals in action with the NEW Boot Camp at Mercy. Develop your strength, stamina and speed with a variety of exercises like weight lifting, calisthenics, and plyometrics.

- Duration of the workout: 45 minutes
- Suitable for: intermediate and advanced
- Workouts change constantly
- Build muscle and incinerate fat