

Group Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9a Cardio Dance w/Barb	9:15a Core Pilates w/Shirley until 9/16/2025 9a Strength Yoga w/Tammy Starts 9/23/25	9a Cardio Dance w/Barb	9:15a Core Pilates w/Shirley until 9/11/2025 9a Strength Yoga w/Tammy Starts 9/18/25	9:15a Yoga w/Shirley until 9/12/25 9a Zumba w/Suz starts 9/19/25	9:30a Pilates w/Barb
10a Pilates w/Barb	10a Zoom Rhythms w/Beth 10a Yoga Flow w/Tammy Starts 9/23/25	10a Pilates w/Barb	10a Zoom Rhythms w/Beth 10a Yoga Flow w/Tammy Starts 9/16/25	10a Strength Circuit w/Donna	
11:15p *Movement & Balance w/Jenya		11:15p *Movement & Balance w/Jenya	12:30p *FUNCTIONal Fitness w/Karen	11:15 *Movement & Balance w/Jenya	
5:15p Strength/Circuit (1/2 Hour) 5:45 Abs (1/2 Hour) w/Donna		5:15p Strength/Circuit (1/2 Hour) 5:45 Abs (1/2 Hour) w/Donna			

**CLASS
CHANGES ARE
COMING IN
SEPTEMBER!**

Classes are included in the purchase of a membership or day pass.
Class times are subject to change. Pre-registration is recommended.
Login to your Mindbody account to pre-register & check for updated class
information, or call 231-352-9661.



BETSIE HOSICK HEALTH & FITNESS CENTER

 **MUNSON HEALTHCARE** Paul Oliver Memorial Hospital

Group Fitness classes are led by certified instructors.

Cardio

Cardio Dance: Keep your heart rate elevated and get at least 5000 of your recommended 10K steps per day, while grooving to timeless hits! Instructor: Barb

Zoom Rhythms: Enjoy cardio movement at your pace! Dance to upbeat pops, oldies, Latin Rhythms and more! Instructor: Beth

ZUMBA! Get in the groove and improve with this dance fitness program that combines Latin and international music with easy-to-follow dance steps! Instructor: Suz

Pilates

Pilates: Strength, stretching, and flexibility exercises which improve posture by enhancing the core, decreasing stress, and creating long lean muscles. Stretch bands, weights, small balls and large Swiss balls are incorporated to ensure diversified workouts. Instructor: Barb

Core Pilates: Strength, stretching, and flexibility exercises, improve posture, enhance the core, decrease stress and create long lean muscles. Instructor: Shirley

Yoga

Yoga: Good for your mind, body and soul. Yoga practice offers a variety of emotional and physical benefits and compliments other exercise routines. All fitness levels are welcome. Instructors: Shirley & Tammy

Strength Yoga: This dynamic practice builds strength and endurance by moving through vigorous poses, using breath, weights and body weight. Instructor: Tammy

Strength Training

Strength Circuit & Abs: This circuit workout starts with a warm-up and moves through stations of cardio and strength training. TRX, Bosu, dumbbells, Cybex machines, medicine balls and body weight exercises. Instructor: Donna

Functional Motion:

Movement & Balance: Improve the brain-body connection, coordination, and upper and lower body strength with a goal of increasing stability for daily activities and decreasing the risk of falling. Enjoy upbeat music while participating seated or standing with chair assist. Instructor: Jenya

FUNctional Fitness: Incorporating years of evidenced based research showing that large, repetitive and sustained movement combined with exercise benefits people who need general strength conditioning. Other potential benefits include functional endurance training, improved core strength, posture, better balance, cardio training and increased voice volume and voice projection. Chair Assist Instructor: Karen

Live-Stream Classes: Participate from the comfort of your home! Our very own instructor Camille leads the following classes via Zoom! Text Camille for information and updates 415-528-3990

8am Monday, Wednesday, Friday - Cardio

8am Thursday - HIIT

9:15am Monday, Wednesday - Pilates