

Health is Wealth Class & Group Fitness Schedule



MAY 2012

GYM HOURS

Mon-Fri 6am-8pm
 Sat 8am-12pm
 Sun Closed



This workplace has been recognized by the American Heart Association for meeting criteria for employee fitness.

Karen Rouse, Fitness Coordinator

878-8900 ext. 191

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Monday	Tuesday	Wednesday	Thursday	Friday
Saturday	1	2	3	5
	7:00-8:00am "Changing Weighs" Session 1 Class I	6:30-7:30am Yoga		8:00-9:00am "Changing Weighs" Session 3 Class H
	SPECIALTY 9:30am WALK At Holtsville			*SPECIALTY* 9:00-10:00am BEGINNER Workout (in gym)
	11:00-12:30pm Smoking Cessation Session 4 Class a		4:15-4:45pm Cycle	*SPECIALTY* 9:00am WALK At Terrell River
	4:30-5:30pm Intermediate Yoga	*SPECIALTY* 4:30-5:30pm CHAIR YOGA (Rm B)	4:30-5:30pm CardioSculpt (in gym)	SUNDAY, MAY 6th
	4:30-5:30pm CardioSculpt (in gym)	4:30-5:30pm Zumba	4:45-5:30pm Gentle Yoga/ Stretch	*SPECIALTY* 9:00am WALK At Heritage Park
	SPECIALTY 4:30-5:30pm STRETCH/TONE at Roanoke	5:30-6:00pm Stretch	5:30-6:30pm "Changing Weighs" Session 2 Class I	*SPECIALTY* 9:30am WALK At Shrine
	5:30-6:30pm Kickbox/Abs	*SPECIALTY* 7:00-8:00pm BALLROOM Dance(Rm A)	*SPECIALTY* 6:30-7:30pm BEGINNER Workout (in gym)	*SPECIALTY* 9:30am WALK At Quogue Wildlife Refuge
	5:30-6:30pm "Changing Weighs" at Roanoke Session 6 Class D			

<p>7</p> <p>7:00-8:00am "Changing Weighs" Session 4 Class I</p> <p>9:00-10:00am "Changing Weighs" Session 5 Class I</p> <p>3:30-4:30pm Indoor Walking Class at East End Day Hab</p> <p>*SPECIALTY* 3:45-4:45pm BEGINNER Workout (in gym)</p> <p>4:00pm Abs</p> <p>4:15-4:45 Cycle</p> <p>4:45-5:30pm Cardio Interval (Rm A)</p> <p>*SPECIALTY* 5:30-6:3pm ZUMBA</p> <p>6:15-7:45pm Wellness/Workplace-Role of Insurance in Financial Planning</p>	<p>8</p> <p>7:00-8:00am "Changing Weighs" Session 1 Class J</p> <p>11:00-12:30pm Smoking Cessation Session 4 Class b</p> <p>*SPECIALTY* 12:00-1:00pm WALK at Kuhn</p> <p>2:00-4:00pm BIOMETRIC SCREENING (RM B)</p> <p>4:30-5:30pm Intermediate Yoga</p> <p>4:30-5:30pm CardioSculpt (in gym)</p> <p>*SPECIALTY* 4:30-5:30pm STRETCH/TONE at Roanoke</p> <p>5:30-6:30pm Kickbox/Abs</p> <p>5:30-6:30pm "Changing Weighs" at Roanoke Session 6 Class E</p>	<p>9</p> <p>6:30-7:30am Yoga</p> <p>*SPECIALTY* 3:30-4:30pm CHAIR YOGA (Rm A)</p> <p>4:30-5:30pm Zumba</p> <p>5:30-6:00pm Stretch</p> <p>4:30-6:00pm Wellness/Workplace-Menopause & Andropause</p> <p>6:15-7:45pm Wellness/Workplace-Warning Signs 2</p>	<p>10</p> <p>*SPECIALTY* 10:00-11:00am ZUMBA</p> <p>11:00-12:30pm Wellness/Workplace-How To Spend Your Paycheck Wisely</p> <p>4:15-4:45pm Cycle</p> <p>4:30-5:30pm CardioSculpt (in gym)</p> <p>4:45-5:30pm Gentle Yoga/Stretch</p> <p>5:30-6:30pm "Changing Weighs" Session 2 Class J</p> <p>6:15-7:45pm Wellness/Workplace-Stress Mgmt at Roanoke</p> <p>*SPECIALTY* 7:00-8:00pm FAMILY FUN LINE DANCE</p>	<p>11</p> <p>*SPECIALTY* 12:00-12:30pm WALK at Family Svcs (½ hour walk)</p> <p>*SPECIALTY* 4:00-5:00pm WALK at Wm Floyd HS Track</p>	<p>12</p> <p>8:00-9:00am "Changing Weighs" Session 3 Class I</p> <p>9:15-10:45am Wellness/Workplace-Grab & Go</p>
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<p>14</p> <p>*SPECIALTY* 6:30-7:30am Yoga</p> <p>7:00-8:00am "Changing Weighs" Session 4 Class J</p> <p>9:00-10:00am "Changing Weighs" Session 5 Class J</p> <p>CONT'D MONDAY 14 CONT'D</p> <p>*SPECIALTY* 10:00-11:00am BEGINNER WORKOUT (in gym)</p> <p>3:30-4:30pm Indoor Walking Class at East End Day Hab</p> <p>4:00pm Abs</p> <p>4:15-4:45 Cycle</p> <p>*SPECIALTY* 4:30-5:30pm CHAIR YOGA (Rm B)</p> <p>*SPECIALTY 4:30-5:30pm DVD Class at Hampton Bays Opts</p> <p>4:45-5:30pm Cardio Interval (Rm A)</p>	<p>15</p> <p>7:00-8:30am Wellness/Work place-Investment Planning</p> <p>11:00-12:30pm Smoking Cessation Session 4 Class c</p> <p>CONT'D TUESDAY 15 CONT'D</p> <p>4:30-5:30pm Intermediate Yoga</p> <p>4:30-5:30pm CardioSculpt (in gym)</p> <p>4:30-6:00pm Wellness/Work place-Relax & Meditate</p> <p>*SPECIALTY 4:30-5:30pm STRETCH/TONE at Roanoke</p> <p>5:30-6:30pm Kickbox/Abs</p> <p>5:30-6:30pm "Changing Weighs" at Roanoke Session 6 Class F</p>	<p>16</p> <p>6:30-7:30am Yoga</p> <p>*SPECIALTY* 7:00-8:00am WALK at Southampton Day Hab</p> <p>CONT'D WEDNESDAY 16 CONT'D</p> <p>9:00-10:30am Wellness/Workplace- Being a Better Healthcare Consumer</p> <p>11:00-12:30pm Wellness/Workplace- Being a Better Healthcare Consumer</p> <p>*SPECIALTY 4:00-4:30pm Cycle</p> <p>*SPECIALTY 4:30-5:30pm BOOTCAMP (in gym)</p> <p>4:30-6:00pm Wellness/Work place-Massage Days 2</p> <p>4:30-5:30pm ZUMBA</p> <p>5:30-6:00pm Stretch</p> <p>*SPECIALTY* 7:00-8:00pm BALLROOM Dance(Rm A)</p>	<p>17</p> <p>CONT'D THURSDAY 17 CONT'D</p> <p>3:00-5:00pm BIOMETRIC SCREENING (RM B)</p> <p>4:15-4:45pm Cycle</p> <p>4:30-5:30pm CardioSculpt (in gym)</p> <p>4:45-5:30pm Gentle Yoga/ Stretch</p> <p>6:15-7:45pm Wellness/Work place-Baby Steps for Health & Energy at Roanoke</p>	<p>18</p> <p>*SPECIALTY* 12:00-12:30pm WALK at Family Svcs (1/2 hour walk)</p> <p>CONT'D FRIDAY 18 CONT'D</p> <p>4:30-6:00pm Wellness/Work Place-Healthy Kids</p> <p>*SPECIALTY 4:30-5:30pm Yoga Pilates Fusion</p>	<p>19</p> <p>8:00-9:00am "Changing Weighs" Session 3 Class J</p> <p>*SPECIALTY* 9:00am WALK At Terrell River</p> <p>9:15-10:45am Wellness/Work place-Tips for Working with your Doctor</p> <p>CONT'D</p> <p>SUNDAY, MAY 20th</p> <p>*SPECIALTY* 9:00am WALK At Heritage Park</p> <p>*SPECIALTY* 9:30am WALK At Shrine</p> <p>*SPECIALTY* 10:00am WALK At Smith Point</p>
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<p>21</p> <p>*SPECIALTY* 9:30am WALK At Holtsville</p> <p>3:30-4:30pm Indoor Walking Class at East End Day Hab</p> <p>WTG-BIGGEST LOSER WEIGH-IN 3:30-5:30pm</p> <p>*SPECIALTY* 3:45-4:45pm BEGINNER Workout (in gym) CONT'D</p> <p>MONDAY 21 CONT'D</p> <p>4:00pm Abs</p> <p>4:15-4:45 Cycle</p> <p>*SPECIALTY* 4:30-5:30pm BOOTCAMP (in gym)</p> <p>4:30-6:00pm Wellness/Workplace-Being a Better Healthcare Consumer</p> <p>4:45-5:30pm Cardio Interval (Rm A)</p> <p>6:15-7:45pm Wellness/Workplace-Being a Better Healthcare Consumer</p>	<p>22</p> <p>7:00-8:30am Wellness/Workplace-How to Manage Career, Investments & Purchases</p> <p>WTG-BIGGEST LOSER WEIGH-IN 8:30-11:30am</p> <p>*SPECIALTY* 10:00-11:00am BEGINNER WORKOUT (in gym)</p> <p>11:00-12:30pm Smoking Cessation Session 4 Class d</p> <p>CONT'D</p> <p>TUESDAY 22 CONT'D</p> <p>4:30-5:30pm Intermediate Yoga</p> <p>4:30-5:30pm CardioSculpt (in gym)</p> <p>*SPECIALTY 4:30-5:30pm STRETCH/TONE at Roanoke</p> <p>5:30-6:30pm Kickbox/Abs</p> <p>5:30-6:30pm "Changing Weighs" at Roanoke Session 6 Class G</p>	<p>23</p> <p>6:30-7:30am Yoga</p> <p>*SPECIALTY* 7:00-8:00am WALK at Southampton Day Hab</p> <p>11:00-12:30pm Wellness/Workplace-Verbal Communication</p> <p>*SPECIALTY* 4:30-5:30pm MEDITATIVE YOGA (Rm B)</p> <p>CONT'D</p> <p>WEDNESDAY 23 CONT'D</p> <p>4:30-5:30pm ZUMBA</p> <p>5:30-6:00pm Stretch</p> <p>*SPECIALTY* 6:00-7:00pm BEGINNER Workout(in gym)</p>	<p>24</p> <p>CONT'D</p> <p>THURSDAY 24 CONT'D</p> <p>4:15-4:45pm Cycle</p> <p>4:30-5:30pm CardioSculpt (in gym)</p> <p>4:45-5:30pm Gentle Yoga/Stretch</p>	<p>25</p> <p>*SPECIALTY* 12:00-12:30pm WALK at Family Svcs (½ hour walk)</p> <p>CONT'D</p> <p>FRIDAY 25 CONT'D</p>	<p>26</p> <p>SUNDAY, MAY 27th</p> <p>*SPECIALTY* 10:00am WALK At Smith Point</p>
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<p>28</p> <p>GYM CLOSED</p>	<p>29</p> <p>11:00-12:30pm Smoking Cessation Session 4 Class e</p> <p>4:30-5:30pm Intermediate Yoga</p> <p>4:30-5:30pm CardioSculpt (in gym)</p> <p>*SPECIALTY* 4:30-5:30pm STRETCH/TONE at Roanoke</p> <p>5:30-6:30pm Kickbox/Abs</p> <p>5:30-6:30pm "Changing Weighs" at Roanoke Session 6 Class H</p>	<p>30</p> <p>6:30-7:30am Yoga</p> <p>WTG-BIGGEST LOSER WEIGH- IN</p> <p>3:30-5:30pm</p> <p>*SPECIALTY* 3:30-4:30pm CHAIR YOGA (Rm A)</p> <p>*SPECIALTY* 4:30-5:30pm BOOTCAMP (in gym)</p> <p>4:30-5:30pm ZUMBA</p> <p>5:30-6:00pm Stretch</p> <p>6:15-7:45pm Wellness/ Workplace-Stress Mgmt</p>	<p>31</p> <p>WTG-BIGGEST LOSER WEIGH-IN 8:30-11:30am</p> <p>*SPECIALTY* 10:00-11:00am BEGINNER WORKOUT (in gym)</p> <p>*SPECIALTY* 12:00-1:00pm WALK at Kuhn</p> <p>4:15-4:45pm Cycle</p> <p>4:30-5:30pm CardioSculpt (in gym)</p> <p>4:45-5:30pm Gentle Yoga/ Stretch</p>		
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PROPER WORKOUT ATTIRE IS REQUIRED (NO