



Energize Group Fitness Schedule

Effective January 6 - May 31, 2020

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

9:30-10:30 am	Gentle Vinyasa Yoga	Sajak Atrium
5:40-6:30 pm	Zumba	Rotary Room

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

Gentle Vinyasa Yoga

Vinyasa yoga connects the breath with a flowing sequence of postures to create a dynamic and relaxing practice for all levels. Concludes with meditation and a deep relaxation.

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

Introduction to Postpartum Fitness

This class will help you understand the building blocks of getting back into shape and what you can do to feel your best and maximize your fitness after giving birth.

Mommy & Me Fitness

A full-body exercise program designed to build strength, flexibility and aerobic fitness for moms returning from childbirth. Classes address proper pelvic floor and core recovery, posture and flexibility through cardio and strength training, all while your baby is with you!

Introduction to Prenatal Fitness

Learn how to have a safer and healthier pregnancy and an easier post-delivery recovery by understanding the benefits of exercising while pregnant for mom and baby and proper exercise modifications.

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.

Questions?

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Visit us online:

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energize
together physical wellbeing