

Fitness & Wellness Classes at the Henrico Training Center

September & October 2024

No classes on
9/2/2024

All-Employee
Classes

Public Safety
Only Classes

Wellness Classes

Different
Location

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 - 7:15		Foundations Joey			FRIDAY Ayse
6:45 - 7:45	DOF Recruit Academy/Josh	DOF Recruit Academy/Josh		DOF Recruit Academy/Josh	DOF Recruit Academy/Josh
8:15 - 9:45	HPD Recruit Academy/Josh Sept. 9 & 23	HPD Recruit Academy/Josh Sept. 3, 10, & 24			HPD Recruit Academy/Josh Sept. 20
8:30 - 9:15		Weight Room Training/Ayse			Weight Room Training/Ayse
9:30 - 10:15	Fit Plus/Ayse		Fit Plus/Ayse	Fit Plus/Ayse	
10:30 - 11:30	COD3/Josh	COD3/Joey	COD3/Josh	COD3/Josh	COD3/Joey
11:45 - 12:30	Blast & Furious/Ayse	Foundations Joey	Step & Core Liz	Long & Lean Sydney	Burnout Ayse
12:15 - 1:15	Henrico Wellness Academy Seminars - Wednesdays, Sept. 11 & Oct. 16 9/11 - The Weight Debate: Food vs. Fitness 10/16 - Debunking the Myths of Fitness				
12:30 - 1:30		Fit Plus/Josh	Fit Plus/Josh	Fit Plus/Josh	
1:00 - 1:45	Weight Room Training Ayse	Wellness Discussion Group Sept. 10 - Nov. 12	Weight Room Training Ayse	Weight Room Training Ayse	<p>Employee participation in fitness programming is voluntary. General Government & HCPS employees who elect to participate do so on their own time. All employees are responsible for discussing the use of leave time with their supervisor before participating in a fitness program.</p> <p>Divisions of Fire and Police have separate policies for sworn personnel. Please clarify such policies with your Division's Personnel Office.</p>
3:00 - 4:30		HPD Recruit Academy/ Josh Sept. 17 & Oct. 1 & 15	HPD Recruit Academy/ Josh Oct. 16	HPD Recruit Academy/ Josh Sept. 19	
3:45 - 4:30	Beginner Strength Fit Plus/Sydney	3:15 - 4:15 Mindfulness Class @ Juvenile Detention Home through 9/24	Beginner Pilates Fit Plus/Sydney	Beginner Strength Fit Plus/Sydney	
4:45 - 5:30	Foundations/Joey	Alternating Weeks Zumba/Candice Sept. 3 & 17, Oct. 1, 15, & 29	4:30 - 5:00 PM Fitness Orientation		
4:45 - 5:45	Run Fit & Walk Fit/Ayse	Basic Step/Liz Sept. 10 & 24, Oct. 8 & 22	Fit & Mix/Ayse	Hardcore Ayse	
5:00 - 6:00	Pilates Debbie			Restorative Yoga Romy	

Fitness Class Descriptions September – October 2024

Basic Step: A low-impact basic step aerobics workout designed to strengthen and tone all lower body muscles. Instructor: Liz Stovall

Beginner Pilates Fit Plus: An introduction to Mat Pilates which combines fundamental exercises, focusing on mind-body connection and gentle strength-building. This class offers a supportive environment for improving balance, flexibility, and core strength at a comfortable pace, making it perfect for beginners or those returning to fitness. Instructor: Sydnei Douglas

Beginner Strength Fit Plus: Small group fitness training for beginners and those looking to jump into a fitness routine with proper form and technique. The class focuses on using major muscle groups while minimizing joint impact. Instructor: Sydnei Douglas.

Blast and Furious: An intense indoor circuit-style workout that combines cardio and total body strength training for all fitness levels. Instructor: Ayse Mazicioglu

Burnout: A great class to lose extra inches. Challenge yourself with high cardio exercises (mountain climbers, squats, jumping, and running) using free weights and bands that target all areas of the body. Instructor: Ayse Mazicioglu

COD3 (Public Safety Sworn Personnel Only): This class is designed to maximize peak physical fitness for tactical operations. It focuses on building strength, stamina, and operational toughness. Instructors: Josh Gaskins and Joey Pacelli

Fit & Mix: A total body, heart-pumping, aerobic, and strength conditioning workout. This interval-based exercise class combines full-body strength training with high-intensity cardio bursts designed to tone the body, improve endurance, and clear your mind after a busy workday. Instructor: Ayse Mazicioglu

Fit Plus: Small group fitness training emphasizing technique, motivation, and fitness goal attainment. Instructors: Ayse Mazicioglu, Josh Gaskins, and Sydnei Douglas

Foundations: A strength class focusing on functional movements. Perfect for those new to strength training. Instructor: Joey Pacelli

Friday: Build muscle through varied exercises using bodyweight and free weights. Finish your week and start your weekend strong with this full-body strength class. Instructor: Ayse Mazicioglu

Hardcore: A 60-minute intensive class focused on building core strength, endurance, and flexibility. The class focuses on the lower and upper abdominals, obliques, back, legs, and hip flexors. Instructor: Ayse Mazicioglu

Long and Lean: Build strength and sculpt long, lean muscles by performing dynamic functional movements that target the core, legs, and upper body. This class will help you refine your form by practicing mindfulness and control with each movement. Instructor: Sydnei Douglas

Pilates Fusion: A unique blend of Pilates and Yoga to mindfully realign the body, focusing on posture, strength, flexibility, and stability. Instructor: Debbie Nolen

Restorative Yoga: The combination of gentle and restorative yoga work improves range of motion, and joint mobility while reducing pain and the effects of stress. Utilizing long, passive holds allows the muscles to relax, the brain to quiet, and the spirit to experience peace and restoration. This class is for all levels, including those new to yoga or recovering from injury or illness. Feel free to bring a blanket, throw, or spare pillow for further support. Instructor: Romy Sharieff

Run Fit and Walk Fit: Designed to improve fitness, increase energy, and reduce health risks through running and walking. Bring water and wear athletic shoes. Instructor: Ayse Mazicioglu

Weight Room Training: Learn how to use weight room equipment to improve strength and cardiovascular fitness levels with a staff fitness trainer. Employees can also use this time to make up a Fit Plus training session. Three participants per session. Contact the instructor for more information and to sign up. Instructor: Ayse Mazicioglu

Step and Core: Improve cardiovascular endurance and fitness with this enjoyable, dynamic low-impact aerobics step workout suitable for all fitness levels. Participants will learn basic step exercises and perform them to energizing music. Instructor: Liz Stovall

Wellness Discussion Group: Group members meet with a Staff Wellness Coach on Tuesdays throughout the 10-week program. This group discussion-based class helps participants find individual ways to improve daily lifestyle habits. New wellness topics are introduced weekly. Instructors: Ayse Mazicioglu and Sydnei Douglas.

Zumba®: A fun and upbeat dance class to music from around the world, creating an exciting exercise environment. Suitable for all fitness levels, participants can enjoy a sweaty and energetic workout while having fun. Instructor: Candice Braxton