

FITNESS & WELLNESS CLASSES AT THE HENRICO TRAINING CENTER

NOVEMBER & DECEMBER 2024

**County Holidays
(No Classes)**
Nov. 11, 28, & 29
Dec. 24 & 25

All-Employee
Classes

Public Safety
Only Classes

Wellness Classes

Different location

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6:30 - 7:15

Foundations
Joey

Foundations
Joey

Mix It Up
Ayse

6:45 - 7:45

DOF Recruit
Acadmey/Josh

DOF Recruit
Acadmey/Josh

DOF Recruit
Acadmey/Josh

DOF Recruit
Acadmey/Josh

8:30 - 9:15

Tower COD3Fit
Josh

Weight Room
Training/Ayse

Tower COD3Fit
Josh

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

WOWW
Ayse

Foundations
Joey

Step & Core
Liz

Long & Lean
Sydney

Toning
Ayse

12:15 - 1:15

Henrico Wellness Academy (reserve your seat in these classes by contacting Sydney Douglas, dou065)
November 6: Healthy Cooking Demonstration, Human Services Building (8600 Dixon Powers Drive)
December 11: Meal Prep 101 with Bon Secours Outpatient Nutrition, Henrico Training Center

12:30-1:15

Fit Plus
Josh

Fit Plus
Josh

Fit Plus
Josh

1:00 - 1:45

Jump into Exercise
Ayse

Wellness Discussion
Group
Sept. 10 - Nov. 12

Jump into Exercise
Ayse

Jump into Exercise
Ayse

3:45 - 4:30

Beginner Strength
Fit Plus/Sydney

Beginner Pilates
Fit Plus/Sydney

Beginner Strength
Fit Plus/Sydney

4:30 - 5:00

4:30 - 5:00 PM
Fitness Orientation

4:45 - 5:45

Tabata plus Core
Ayse

Basic Step
(11/5 & 19, and 12/3 & 17)
Zumba
(11/12 & 26, and 12/10)

Pump it Up
Ayse

Run Fit/Walk Fit
Ayse

5:00 - 6:00

Pilates Fusion
Debbie

Restorative Yoga
Romy

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.

Divisions of Fire and Police have separate policies for sworn personnel. Please clarify such policies with your Division's Personnel Office.

Fitness Class Descriptions

November-December 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.

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 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

Jump into Exercise: Ignite your passion for fitness! Enhance your cardiovascular health and build strength utilizing exercise equipment in the Multi-purpose and Weight Rooms. Reach out to the instructor for more information and take the first step toward a healthier you! 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

Mix it Up: A fun and challenging total body workout. This class may include everything from muscle toning to heart-pumping aerobics. Instructor: Ayse Mazicioglu

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

Pump it Up: A weight-lifting and cardiovascular class designed to tone and strengthen the entire body and enhance personal fitness. This class will use equipment such as dumbbells, kettlebells, barbells, BOSU, glides, and more! Instructor: Ayse Mazicioglu

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. The group meets at the Training Center in the main lobby. Instructor: Ayse Mazicioglu

Tabata Plus Core: High-intensity exercises in a specific 20-second on, 10-second off interval of the same movement for 4 minutes. This training method can double your metabolism (calorie burn) for 60 minutes after the class. Tabata is a great workout for ALL fitness levels. 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. 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.

WOWW (Workout With Weights): A complete total body workout focusing on building arms, chest, shoulders, glutes, abdominal, and lower back muscle groups. Participants will use physio balls, resistance tubes, dumbbells, barbells, and body bars.

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