

FITNESS & WELLNESS CLASSES AT THE HENRICO TRAINING CENTER

MARCH & APRIL 2025

All-Employee
Classes

Public Safety
Only Classes

Wellness Classes

Different location

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6:30 - 7:15

Foundations
Joey

Foundations
Joey

Circuit City
Ayse

6:45 - 7:45

DOF Recruit
Academy/Josh

DOF Recruit
Academy/Josh

DOF Recruit
Academy/Josh

DOF Recruit
Academy/Josh

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

ABS Plus
Ayse

Foundations
Joey

Step & Core
Liz

Long & Lean
Sydney

Fit Challenge
Ayse

12:15 - 1:15

Henrico Wellness Academy (reserve your seat in these classes by contacting Sydney Douglas, dou065)
March 5: Bon Secours Seminar - Eating Healthy at Work, April 9: Cooking Demo - Cooking a Healthy Meal on a Budget,
April 7 - May 19: Growth Group Full Plate Weight Loss/Nutrition Program (7-weeks)

12:30-1:30

Fit Plus
Josh

Fit Plus
Josh

Fit Plus
Josh

1:00 - 1:45

Jump into Exercise
Ayse

Jump into Exercise
Ayse

Jump into Exercise
Ayse

3:45 - 4:30

Beginner Strength
Fit Plus/Sydney

Beginner Strength
Fit Plus/Sydney

4:30 - 5:00

4:30 - 5:00 PM
Fitness Orientation

4:45 - 5:45

3.2.1. Blast
Ayse

Zumba
(3/18, and 4/1, 15 & 29)
Basic Step
(3/4, 11 & 25 and 4/8 & 22)

Bootcamp
Ayse

Run Fit/Walk Fit
Ayse

5:00 - 6:00

Pilates Flow
Sydney (5-5:45pm)

Restorative Yoga
Romy

HPD - BPA #83
PT Schedule*

March 3, 6, 10 & 14

April 4, 8, 10 & 21

*Check with HPD
Academy Staff or
the Fitness & Wellness
Office for time and
location.

HSO - #69 Academy
PT Schedule*

March 10, 12 & 31

*Check with HSO
Academy Staff or
the Fitness & Wellness
Office for time and
location.

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

March-April 2025

3.2.1. Blast: Rev up your metabolism with this continuous cardio and strength endurance workout. The class consists of 3 minutes of cardio, 2 minutes of strength training, and 1 minute of core exercises. It focuses on various fitness components, including cardiovascular health, muscle strength, and endurance. Instructor: Ayse Mazicioglu

Abs Plus: More than just an abs class, this 45-minute session targets your core, including upper or lower body conditioning. That helps improve overall strength, balance, and ability to perform exercises effectively. Instructor: Ayse Mazicioglu

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

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.

Bootcamp: Join our Bootcamp for a fast-paced, full-body workout that burns calories with cardio, bodyweight exercises, and weighted movements. Get fit and challenge yourself! Instructor: Ayse Mazicioglu

Circuit City: Target every muscle group while burning calories as you move through stations featuring various fitness equipment, including BOSU Balls®, Kettle Bells®, medicine balls, jump ropes, and more. 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 Challenge: This comprehensive workout combines intervals of cardio drills with strength and core training exercises for the ultimate circuit experience. You'll run, jump, throw, catch, lunge, squat, lift, press, push, and pull your way to becoming healthy and more fit! 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

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

Pilates Flow: This class emphasizes core strength, balance, and body awareness to enhance functional movement. Instructor: Sydnei Douglas

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

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

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

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