

FITNESS & WELLNESS CLASSES AT THE HENRICO TRAINING CENTER

MAY & JUNE 2025

All-Employee
Classes

Public Safety
Only Classes

Wellness Classes

HOLIDAY
May 26 & June 19

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6:30 - 7:15

Foundations
Josh

Foundations
Josh

Early Bird
Ayse

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
Josh

COD3
Josh

COD3
Josh

COD3
Josh

11:45-12:30

Foundations
Josh

Step & Core
Liz

Core Express
Ayse

Long & Lean
Sydney

Body Attack
Ayse

12:15 - 1:15

Henrico Wellness Academy (reserve your seat in these classes by contacting Sydney Douglas, dou065)
April 7- May 19: Growth Group Full Plate Weight Loss/Nutrition Program (8 weeks)
May 7: Hybrid Anthem EAP Seminar (Exercise as You Age) May 21: Cooking a Healthy Meal on a Budget!

12:30-1:30

Fit Plus
Josh

Fit Plus
Josh

Fit Plus
Josh

HPD - BPA #83
PT Schedule*

1:00 - 1:45

Let's Go Exercising!
Ayse

Let's Go Exercising!
Ayse

Let's Go Exercising!
Ayse

May & June

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

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

Team Henrico
Events

4:45 - 5:45

Be Active by Group
Ayse

Zumba
(5/13, 27 and 6/10 & 24)
Basic Step
(5/6, 20 and 6/3 & 17)

Stability & Balance
Ayse

Run Fit/Walk Fit
Ayse

May & June

Check with Fitness and Wellness Staff or the Fitness & Wellness Office for time and location

5:00 - 6:00

Pilates Flow
Sydney (5-5:45pm)

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

May-June 2025

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

Be Active by Group: Working out is more fun in a group! Multiple circuit stations combine resistance training with muscular endurance and strength building. Circuit training will help you increase your aerobic fitness levels, build strength, and improve your balance and flexibility. Instructor: Ayse Mazicioglu

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.

Body Attack is a high-intensity interval training workout designed for fat burning. It emphasizes full-body fitness, including cardiovascular endurance, muscular strength, agility, balance, and flexibility. This class is for individuals of all fitness levels who want to improve their physical health. 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. Instructor: Josh Gaskins

Core Express: This 45-minute class targets your core, strengthening your abdominals, obliques, back, and glutes. Improve your stability, posture, and balance. Ready for the challenge? Instructor: Ayse Mazicioglu

Early Bird: Hunched over a keyboard for the next eight hours? This morning routine will energize you, improve your flexibility, and clear your mind—all in just 45 minutes. 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: Josh Gaskins

Let's Go Exercising! Ignite your passion for fitness! Enhance your cardiovascular health and build strength utilizing exercise equipment in the Multi-purpose and Weight Rooms. Contact 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: This class combines gentle and restorative yoga to enhance mobility and reduce pain and stress. Long, passive holds promote muscle relaxation and mental calmness, making it suitable for all skill levels, including beginners and those recovering from injuries or illnesses. Bring a blanket or pillow for extra 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 in the county parking lot adjacent to the Police Memorial, the intersection of Prince Henry Drive and Elvin Cosby Way. Instructor: Ayse Mazicioglu

Stability & Balance: The class emphasizes core conditioning, targeting the abdominal, middle, and lower back muscles. The goal is to strengthen the muscles that provide stability and mobility for the spine, pelvis, rib cage, and hips. 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. Contact the instructor for more information.
Instructor: Ayse Mazicioglu

Zumba®: Join an upbeat dance class featuring global music for an exciting workout! Suitable for all fitness levels, you will enjoy a fun and energetic session. Instructor: Candice Braxton.