

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*  May & June  *Check with HPD Academy Staff or the Fitness & Wellness Office for time and location.
1:00 - 1:45	Let's Go Exercising! Ayse		Let's Go Exercising! Ayse	Let's Go Exercising! 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		Team Henrico Events  May & June  Check with Fitness and Wellness Staff or the Fitness & Wellness Office for time and location
4:45 - 5:45	Be Active by Group Ayse	Basic Step Liz	Stability & Balance Ayse	Run Fit/Walk Fit Ayse	
5:00 - 6:00		Pilates Flow Sydney		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