

JULY & AUGUST 2025

All-Employee
Classes

Public Safety
Only Classes

Wellness Classes

HOLIDAY
July 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 - 7:15		ABLE Josh		ABLE Josh	Early Get Up Ayse
8:00-9:00	COD3 Josh	COD3 Josh	COD3 Josh	COD3 Josh	*8:00 AM COD3* Begins on Aug 4
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	ABLE Josh	Step & Core Liz	Cardio Core Attack Ayse	Long & Lean Sydney	Body Blitz Ayse
12:15 - 1:15	Henrico Wellness Academy returns in SEPTEMBER 2025 with a new theme: Rooted in the Present: A Journey Through Mindful Living				
12:30-1:30		Fit Plus Josh	Fit Plus Josh	Fit Plus Josh	
1:00 - 1:45	WRT Ayse		WRT Ayse	WRT Ayse	Gentle Yoga Sydney
3:45 - 4:30		Beg. Strength & Cardio/Sydney		Beg. Line Dance Sydney	8:00AM COD3 Begins on AUG 4 HPD-BPA July-Aug Check with HPD Academy Staff for time and location
4:30 - 5:00			4:30 - 5:00 PM Fitness Orientation		
4:45 - 5:45	Big Fat 60-MIN Ayse	Basic Step Liz	Calories Away Ayse	Run Fit/Walk Fit Ayse	
5:00 - 6:00		Pilates Flow Sydney		Restorative Yoga Romy	Team Henrico Dragon Boat Festival August 2 Check with Fitness & Wellness 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

JULY-AUG 2025

ABLE: (Apt to Build by Learning the Essentials): Essential movement patterns include Pushing, Pulling, Squatting, Hinging, Rotating, Carrying, and Locomotion. You will perform many functional movements in different ways to improve your overall fitness. This template will train you to be **ABLE** to create your own workouts for long-term success. Instructor: Josh Gaskins

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

Beginner Line Dance Fit Plus: Join our beginner-friendly cardio workout featuring popular line dances! In a small group, you'll learn fun routines that boost your heart rate and improve coordination while dancing to upbeat music. No dance experience is needed—bring your energy and get ready to groove! Instructor: Sydnei Archie

Beginner Strength & Cardio Fit Plus: Small group fitness training for beginners and those getting back into a routine. This class combines low-impact strength exercises and beginner-friendly cardio to build endurance, improve muscle tone, and enhance overall fitness, with a focus on proper form and technique. Instructor: Sydnei Archie

Big Fat 60-MIN: Working out is more enjoyable in a group! Multiple circuit stations combine resistance training with muscle endurance and strength building. Circuit training enhances your aerobic fitness levels, builds strength, burns fat, and aids in weight loss. Instructor: Ayse Mazicioglu

Body Blitz: Combining cardio and strength training, and featuring plyometrics, interval training, and weights. It focuses on muscular endurance, balance, and coordination through multi-joint and compound exercises that engage all planes of motion. Instructor: Ayse Mazicioglu

Calories Away: This class consists of two parts cardio and one part strength or core training, utilizing dumbbells, barbells, and a stability ball. You'll continue to burn calories even after the session. Who's ready to challenge their limits? Instructor: Ayse Mazicioglu

Cardio Core Attack: Alternate weight work with your cardio workout. Emphasis is on building core strength. Full of core training exercises designed to tone, shape, and strengthen your abdominals, lower back, glutes, 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. Instructor: Josh Gaskins

Early Get Up: You will be sitting at a keyboard for the next eight hours. In just 45 minutes you'll wake up, stretch and clear your mind for the day ahead. Instructor: Ayse Mazicioglu

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

Gentle Yoga: Experience tranquility in this transformative yin yoga class, featuring deep, passive stretches that honor your body's connective tissues. This gentle practice enhances flexibility, joint mobility, and inner balance, making it suitable for all levels. If the weather is nice, we might practice outdoors to enjoy the fresh air. Instructor: Sydnei Archie

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

Restorative Yoga: This class combines gentle and restorative yoga practices to enhance mobility, reduce pain, and alleviate 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

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: 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