



# Fitness Classes at the Henrico Training Center

## March and April 2026

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 – 7:15 AM	No class scheduled	<b>ABLE</b>	No class scheduled	<b>ABLE</b>	<b>Body Conditioning</b>
8:00 – 9:00 AM	<b>COD3 FIT*</b>	<b>COD3 FIT*</b>	<b>COD3 FIT*</b>	<b>COD3 FIT*</b>	No class scheduled
9:30 – 10:15 AM	<b>Fit Plus (Ayse)</b>	No class scheduled	<b>Fit Plus (Ayse)</b>	<b>Fit Plus (Ayse)</b>	No class scheduled
10:30 – 11:30 AM	<b>COD3 FIT*</b>	<b>COD3 FIT*</b>	<b>COD3 FIT*</b>	<b>COD3 FIT*</b>	<b>COD3 FIT*</b>
11:45 AM – 12:30 PM	<b>ABLE</b>	<b>Pickleball</b>	<b>Step and Core</b>	<b>Long and Lean</b>	<b>Calories Away</b>
12:30 – 1:30 PM	No class scheduled	<b>Fit Plus (Joshua)</b>	<b>Fit Plus (Joshua)</b>	<b>Fit Plus (Joshua)</b>	<b>Grounded Calm Yin Yoga</b>
1:00 – 1:45 PM	<b>WRT</b>	(No class scheduled)	<b>WRT</b>	<b>WRT</b>	No class scheduled
3:45 – 4:30 PM	No class scheduled	<b>Beginner Line Dance</b>	No class scheduled	No class scheduled	No class scheduled
4:30 – 5:00 PM	No class scheduled	No class scheduled	<b>Fitness Orientation</b>	No class scheduled	No class scheduled
4:45 – 5:45 PM	<b>Bootcamp</b>	<b>Step, Swing and Strengthen</b>	<b>Core Strength</b>	<b>Run Fit/Walk Fit</b>	No class scheduled
5:00 – 6:00 PM	No class scheduled	<b>Pilates Flow</b>	No class scheduled	<b>Restorative Yoga</b>	No class scheduled

\*COD3 Fit is for Sworn Public Safety Employees only

Employee participation in fitness programming is voluntary. Henrico County General Government and Public Schools 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 Public Safety Division's Personnel Office.



# Fitness & Wellness Classes Description

March and April 2026

**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

**Beginner Line Dance:** 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

**Body Conditioning:** A full-body workout that incorporates integrated strength exercises, utilizing body bars, dumbbells, bands, balls, and more to keep your muscles guessing. Body Conditioning with Cardio includes a variety of low- and high-impact cardio Intervals. Instructor: Ayse Mazicioglu

**Boot Camp:** Challenge yourself with this fast-paced, full body, calorie-blasting workout using the traditional Boot Camp style approach. You will perform a combination of cardio, bodyweight movements, and various weighted exercises to help you get into shape. Instructor: Ayse Mazicioglu

**Calories Away:** This class consists of two parts: cardio and strength or core training, utilizing dumbbells, barbells, and a stability ball. You will continue to burn calories even after class. Who's ready to challenge their limits? 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 Strength:** This class focuses on strengthening key muscle groups through targeted strength training, enhancing the stability of muscles used in daily functional movements, including the abdominals, back, hips, glutes, and inner thighs. Instructor: Ayse Mazicioglu

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

**Grounded Calm Yin Yoga:** This Yin Yoga practice encourages you to slow down and connect with mindfulness. Through long, supported holds and steady breathing, you will gently release tension and invite awareness into each pose. The focus is on cultivating presence, acceptance, and a deeper connection between body and mind. Instructor: Sydnei Archie

**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 Archie

**Pickleball:** Is a paddle sport that combines elements of tennis, badminton, and ping-pong. It is played with solid paddles and a plastic ball. Making it a social, low-impact game for all ages and skill levels that easy to learn. Instructor: Ayse Mazicioglu

**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: Sydnei Archie

**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 Henrico Training Center main lobby. Instructor: Ayse Mazicioglu

**Step & Core Warriors:** Get your heart pumping and your core burning! This upbeat class blends simple step routines with focused abdominal work to give a full-body workout in just 45 minutes. It is perfect for all fitness levels, and modifications are provided to keep you moving and motivated. Instructor: Liz Stovall

**Step, Swing, and Strengthen:** Train smarter with this efficient, full-body workout. You'll alternate between heart-pumping step aerobics sequences, strength-building kettlebell moves, and core-focused exercises to improve posture, mobility, and overall fitness. Perfect for beginners and advanced participants alike - everyone works at their own intensity. 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