Fitness Classes at the Henrico Training Center
November – December 2026

Monday

8:00 – 9:00 AM	COD3 FIT*/Josh
9:30 – 10:15 AM	Fit Plus/Ayse
10:30 – 11:30 AM	COD3 FIT*/Josh
11:45 AM – 12:30 PM	ABLE/Josh
1:00 – 1:45 PM	Weight Room Training/Ayse
4:45 – 5:45 PM	Cardio Strength Combo/Ayse

Tuesday

6:30 – 7:15 AM	ABLE/Josh
8:00 – 9:00 AM	COD3 FIT*/Josh
10:30 – 11:30 AM	COD 3FIT*/Josh
11:45 AM – 12:30 PM	Pickleball/Ayse
12:30 – 1:30 PM	Fit Plus/Josh
4:45 – 5:45 PM	Step Fusion/Liz

Wednesday

8:00 – 9:00 AM	COD3 FIT*/Josh
9:30 – 10:15 AM	Fit Plus/Ayse
10:30 – 11:30 AM	COD3 FIT*/Josh
11:45 AM – 12:30 PM	Step & Core /Liz
12:30 – 1:30 PM	Fit Plus/Josh
1:00 – 1:45 PM	Weight Room Training/Ayse
4:30 – 5:00 PM	Fitness Orientation/Liz
4:45 – 5:45 PM	CoreForm/Ayse

Thursday

6:30 – 7:15 AM	ABLE/Josh
8:00 – 9:00 AM	COD3 FIT*/Josh
9:30 – 10:15 AM	Fit Plus/Ayse
10:30 – 11:30 AM	COD3 FIT*/Josh
12:30 – 1:30 PM	Fit Plus/Josh
1:00 – 1:45 PM	Weight Room Training/Ayse
4:45 – 5:45 PM	Run Fit/Walk Fit/Ayse
5:00 – 6:00 PM	Restorative Yoga/Romy

Friday

6:30 – 7:15 AM	Circuit Conditioning/Ayse
10:30 – 11:30 AM	COD3 FIT*/Josh
11:45 AM – 12:30 PM	Pickleball/Ayse

Stay Connected

Email us at Fitness@henrico.gov to join our mailing list or connect with us on Wodify to access our class schedule and view WODs. No classes are offered during County Observed Holidays (Nov. 11, 26, 27 and Dec. 24 & 25).

Please Note:

Employee participation in fitness programming is voluntary. Henrico County General Government and Public Schools employees who elect to participate do so their own time. All employees are responsible for discussing the use of leave time with their supervisor before participating in a fitness program. Division of Fire and Police have separate policies with your Public Safety Division's Personnel office.

*COD3 FIT is for Sworn Public Safety Employee only.

Henrico
HUMAN RESOURCES

Fitness and Wellness Class Descriptions
November – December 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

CARDIO STRENGTH COMBO:

This engaging class combines circuit training, resistance exercises, high-intensity cardio, and core conditioning to improve stability and build lean muscle. It's the perfect way to achieve your dream physique! Instructor: Ayse Mazicioglu

CIRCUIT CONDITIONING:

Try out this highly efficient circuit workout utilizing weights, body bars, gliding disks, BOSU, and more! Each class includes aerobic exercise with strength training to elevate heart rate and maximize calorie burn in a short time. 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

COREFORM:

CoreForm focuses on strengthening the core, especially the abdominal muscles and lower back. Participants perform exercises to strengthen and improve muscle endurance that support the spine, pelvis, rib cage, and hips, improving stability, posture, and efficiency of movement in daily activities. Instructor: Ayse Mazicioglu

FIT PLUS:

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

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

RESTORATIVE YOGA:

This class combines various asanas and breathwork to promote relaxation in the body and mind. It is designed for all levels. Anyone with injuries or illness should consult with their medical provider before class. Bring a blanket, and/or bolster for extra support. Instructor: Romy Sharieff

RUN FIT/ 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:

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 FUSION: Step, Strength & Pilates Core

Jump into this 60-minute, feel-good fitness fusion! Power up with a dynamic warm-up, then hit energizing Step aerobics for heart-pumping cardio. Build strength and endurance with smart, effective free-weight moves and finish strong with Pilates-inspired core work for stability and balance. Wrap it all up with gentle stretching that leaves you refreshed and ready for your after-work activities.
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