



Kensington Garage/Club level  
 201 25th Ave. South  
 Nashville, TN 37240  
 Phone: 343-8943  
[www.healthplus.vanderbilt.edu](http://www.healthplus.vanderbilt.edu)

Hours of Operation:  
 5am-9pm, Mon-Fri  
 8am-2pm, Saturday

**Group Fitness Classes at Health Plus (classes held in STUDIO 1 unless otherwise indicated)**

October 1 - December 31, 2009

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 AM	Motivating Monday Liz - 60 min	Body Shaping Janell - 60 min	Pilates Kandice - 60 min	Body Shaping Janell - 60 min	Friday Fitness Bash Liz - 60 min	9-10am Step 2 - Janell
11:30 AM		Yoga - STUDIO 2 Polly - 60 min		Yoga - STUDIO 2 Laura - 60 min		
	Step 1 Express Linda - 30 min	Step 2 Express Bonnie - 30 min	Pilates Greta - 60 min	Step 2 Express Bonnie - 30 min	Zumba Abby - 60 min	10-11:15am Iyengar Yoga - Natasha STUDIO 2
12:00 PM	BOSU Basics Linda - 30 min	Upper Body Blast Bonnie - 30 min		Lower Body Blast Bonnie - 30 min		
12:30 PM	Pilates Jarrah - 60 min	Step/Bosu 1 Express Bonnie - 30 min	Power Cardio Lisa - 60 min	Strength 1 Express Bonnie - 30 min	Functional Fitness Kathy - 60 min	11:30am-12:30pm Powerlift - Greta
12:30 PM	Gentle Yoga - STUDIO 2 Linda - 60 min					
4:15 PM	Step 2 Janelle - 60 min	Ab Blast Lori - 15 min	Ab Blast Bonnie - 15 min	Zumba Abby - 60 min		
4:30 PM		Nia Lori - 45 min	Step Bonnie - 45 min			
5:15 PM	Functional Fitness Kandice - 60 min	Step 2 Express Kathy - 30 min	Kickbox Express Jonathan - 30 min	Sport Bosu Kandice - 60 min	Step 2 Mark - 60 min	
		Pilates - STUDIO 2 Bonnie - 60 min				
5:30 PM	Yoga STUDIO 2 60 min		Yoga - STUDIO 2 Laura - 60 min	Iyengar Yoga STUDIO 2 Natasha - 60 min		
5:45 PM		Upper Body Blast Kathy - 30 min	Lower Body Blast Jonathan - 30 min			
6:15 PM	Zumba 60 min Jessica/Dawn	Active Yoga - STUDIO 2 Hilary - 60 min	Turbokick Mark - 60 min			

**Definitions:**

- Ab Blast:** 15 minute workout for the abdominal muscles
- Active Yoga:** Active Yoga incorporates athletic skill and strength, subtlety of movement and awareness of energy. This class is suggested for students familiar with yoga and students with athletic ability.
- Body Shaping:** Weight training in a class setting; full body workout using dumbbells, tubes and balls
- Bosu 1:** 30 minute class to introduce this equipment used for cardio as well as strength training
- Friday Fitness Bash:** Total body conditioning mixed with cardio sports drills, kickboxing, abs and strength; a new mix every week
- Functional Fitness:** Full body workout to increase muscle strength and endurance; must have experience on bosu
- Gentle Yoga:** Not quite as intense as a regular yoga class; all levels welcome
- Iyengar Yoga:** Good for all levels; teaches foundations of alignment with the use of props
- Kickboxing:** A cardio workout incorporating moves from the martial arts
- Kickboxing Express:** A cardio workout incorporating moves from the martial arts in 30 minutes
- Lower Body Blast:** 30 minute class tones legs, buttocks and abs
- Motivating Monday:** Total body conditioning mixed with cardio sports drills, kickboxing, abs and strength; a new mix every week
- Nia:** Low impact aerobics including dance, kickboxing, tai chi, yoga and more
- Pilates:** Core conditioning focuses primarily on strengthening the back and abdominal muscles
- Powerlift:** Strength training workout emphasizing toning and muscle definition; targets every major muscle group
- Power Cardio:** Maximize your time and strength in this edgy total body workout that incorporates boxing, martial arts, circuit training and fun
- Sport Bosu:** Intermediate/advanced workout on the bosu; must have experience on bosu or have taken Step/Bosu 1
- Step 1:** This class uses a step platform where step height can be adjusted to suit individual fitness levels. Features include uncomplicated steps and a fun, results-orientated workout. Great for fat-burning and murder for glutes and thighs!
- Step 2:** Higher intensity, as well as more challenging choreography than Step 1. Prior experience in Step I is recommended, but not required for Step II participants.
- Step 1 or 2 Express:** Same as Step 1 and Step 2 except these classes allow you to get your workout in 30 minutes (express)
- Step/Bosu 1 Express:** Basic step and bosu workout; good for those who have never used a step or bosu
- Strength 1 Express:** Learn correct form for upper and lower body toning exercises; good for beginners
- Turbokick:** You'll kick, punch and groove the calories away in this action-packed, cardio workout
- Upper Body Blast:** 30 minute class to tone arms, chest, back and abs
- Yoga:** Stretch, relax, increase flexibility
- Zumba:** Cardio interval workout with aerobic and dance movements to Latin music; get your groove on!

Shaded classes are best for intermediate to advanced levels. However, all levels are welcome.

Group Fitness Classes at Other Locations						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM			Indoor Cycling VOIFC <b>see below</b> Gina - 60 min			
11:00 AM		Yoga-Ste.630 3401 West End Linda - 55 min				
11:30 PM	Yoga - 100 Oaks Kay 30 min					
12:00 PM	Pilates - 100 Oaks Kay 30 min		Yoga - Franklin Kay 60 min			
12:30 PM		Organized Track Centennial Park 60 min		Organized Track Centennial Park 60 min		
4:45 PM		Yoga - MRL 241 Gigi - 60 min				
5:00 PM	Aqua Aerobics Diane - Dayani 60 min	Aqua Aerobics Barb - Dayani 60 min	Aqua Aerobics Diane - Dayani 60 min	Aqua Aerobics (5:15) Kim - Dayani 45 min	Aqua Aerobics Diane - Dayani 60 min	
5:15 PM		Turbokick - 60 min Alumni Hall - Mark		Turbokick - 60 min Alumni Hall - Mark		
5:30 PM				Boot Camp Outside Johnny 60 min		
5:45/6:00PM	Indoor Cycling VOIFC (5:45PM) Mary - 60 min <b>see below</b>			Aqua Tone Kim - Dayani 45 min (6:00PM)		

<b>Definitions:</b>	
<b>Aqua Aerobics:</b>	Consists of cardiovascular and muscle conditioning segments in shallow pool
<b>Aqua Tone:</b>	This 45 minute class will tone your muscles using props in the water
<b>Boot Camp:</b>	Intense full body workout that works all muscles doing drills such as push ups, jumping jacks, and abs Temporarily meets outside at Health <i>Plus</i> ( <i>usually meets at track</i> ) . Call 343-6576 for more details.
<b>Indoor Cycling:</b>	Indoor cycling is a fantastic heart pumping workout taught on a stationary bike Class meets at Vanderbilt Orthopaedic Institute Fitness Center (VOIFC) **see more details below
<b>Organized Track:</b>	For intermediate to experienced runners; speed work on the track which includes intervals of 400m up to 1600m; distances and times based on individual fitness levels <b>Class temporarily meets at Centennial Park</b> rain or shine; call 3-6576 before your first class
<b>Turbokick:</b>	You'll kick, punch and groove the calories away in this action-packed, cardio workout
<b>Yoga:</b>	Stretches all of the muscle groups for improvement in flexibility and muscle tone and great for relaxation and stress release (Hatha and various other styles incorporated)

Every class welcomes NEW participants. There are always options shown to suit basic or beginner levels and also for more advanced training. Please advise the instructor that you are new to the workout and he/she will be happy to give you additional instruction. Don't be shy or concerned...YOU CAN DO IT!!

**Proper athletic shoes must be worn in all aerobics and strength classes; no open toes, heels, ballet shoes or clogs.**

Please enter STUDIO 2 through front/main entrance.

**INDOOR CYCLING:** classes meet at Vanderbilt Orthopaedic Institute Fitness Ctr (VOIFC), 1210 Medical Ctr Dr in Med Ctr East/South Tower.

In order to participate:

1. Complete paperwork at Health *Plus*
2. Take your paperwork and Vanderbilt ID to VOIFC
3. Call Health Plus at 936-5698 12 hours in advance to reserve a bike for class

Bring water and arrive 10 minutes early to set up equipment. Health *Plus* participants only have access to the indoor cycling class and use of the locker room/showers.

**ONE HUNDRED OAKS:** Classes are on the 3rd Floor in Finance Dept in Conf. Rm 30213. Participation will be on a first come, first serve basis

If you do not work in the finance department, you will need to bring your ID to the front desk and they will let you in. If you plan to attend the 12:00 pilates class, you will need to wait in the finance lobby until the yoga class is over. Health *Plus* will supply yoga mats.

**YOGA AT 3401 WEST END:** Please call Rene McCrary at 343-3483 to sign up for this class.

**YOGA AT PEABODY:** MRL 241 is located in the Kennedy Center on Peabody campus on Magnolia Circle. For further directions call 2-8238.

**YOGA AT FRANKLIN:** There are two 30 minute classes back to back at VMG Williamson County, 2105 Edward Curd Lane; one at 12Noon and one at 12:30pm. Health *Plus* will supply yoga mats. For further information call Lynn Price at 591-3609.

Revised 10/14/2009