

Group Exercise Class Descriptions

- **SilverSneakers Circuit (45 min AR)** Standing circuit workout to increase cardiovascular and muscular endurance using hand weights, elastic tubing with handles and a SilverSneakers ball and incorporating non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.
- **SilverSneakers Classic (45 min AR)** Varied exercises to increase muscular strength, range of movement, and activity for daily living skills using hand weights, elastic tubing with handles, and a ball. A chair is used for seated or standing support.
- **Silver Stretch (45 min AR)** A relaxing class that combines breathing, balance & stretching to improve flexibility, body alignment, and soothe stiff joints and tight muscles. A chair will be used to stand beside, behind or sit in while stretching the body from head to toe.
- **Super Sizzle (30 min AR)** This class is designed to provide straight 30 minutes of cardiovascular exercise to help improve your overall cardiovascular endurance.
- **Tone It Up (45-60 min AR)** This class is designed to provide 45-60 minutes of strengthening and toning along with a burst of cardio mixed in to help improve your overall endurance. Great for all fitness levels.
- **UCL (Upper, Core, Lower Body) (30 min GF/AR)** Focusing on each section of the body with either an upper body, lower body or core workout for only 30 min to improve and strengthen those concentrated areas.
- **Weightlifting (45 min GF)** Looking to increase your strength and learn correct technique? This class will meet twice a week for you to learn and perfect the squat, bench press, and deadlift. Not only will you learn proper form and technique for your body, but you will also build strength.
- **WERQ (60 min MP)** Our "WERQ" outs are designed to give you the best sweat with repetitive athletic moves and fresh dance steps. WERQ instructors build a heart-pumping playlist featuring the hottest pop and hip-hop music. Each week, new choreography is introduced, so you can WERQ the routines you know and have the opportunity to challenge yourself with the ones you're learning.
- **Zumba (45-50 min AR)** Cardiovascular workout using a variety of creative movements including Latin dances, Hip Hop grooves, and fun energetic dances to get your heart pumping and body sweating! Come join the fun and just keep moving!

Updated 9/23/2024

INFORMATION

- All instructors reserve the right to make changes to meet the needs of the class.
- All classes are held in the aerobics room unless otherwise noted.
- For class updates, please join the Group Fitness Text Club. Text @HQFitness to 81010
- Hybrid is offered in-person and on-line thru Zoom.us Meeting Code: 590 144 5794
- Due to increasing interest in cycling classes, we are now executing a "no-show/late" policy. If members/ guests sign-up for a class and are 5 minutes late, any member/guests waiting will have the opportunity to join the class.

GF: Gym Floor

AR: Aerobics Room

MP: Multipurpose Room

CR: Cycling Room

TL: Training Loft

514 N. Bright Leaf Blvd.

PO Box 1376

Smithfield, NC 27577

HEALTHQUEST
FITNESS & WELLNESS CENTER

HealthquestNC.org

919-938-7581

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- **360 (45 min GF)** Hit the gym floor to get a fun and motivating workout around our 360 machine. This program will provide an exercise resource you want and need to strengthen your whole body.
- **Beginner Yoga (60 min MP)** The focus of this class is relaxation, deep stretching, and breathing. Incorporating the same principles of traditional Hatha Yoga, the poses used are meant to relax and calm the body. They are easily modified to accommodate the participant who may experience physical limitations due to injury, fitness level, and age.
- **Better Balance (45 min AR)** This class includes workout techniques inspired to improve balance. It focuses on low-impact movements designed to strengthen your body in ways that few other workouts can.
- **Body Burn (45 min AR)** A total body workout using an array of equipment to build strength and cardiovascular endurance.
- **Body Care (45-60 min AR)** After a long hard week of exercising, it is important to take time and implement self-care. This class offers relaxation and self-alignment to help improve circulation, build better breathing techniques, and increase flexibility.
- **Chair Stretch (45-60 min AR)** Chair yoga is a gentle form of yoga that can be done while sitting. It can improve your flexibility, concentration, and strength while boosting your mood, and reducing stress and joint strain.
- **Crunch Lunch (30 min AR)** When you are in a crunch for time and still need a good workout, this class is for you! This circuit-style workout can have you done and back to work in a flash: strength, conditioning, and a little cardio blast all in just 30 minutes.
- **Dance Jam (60 min AR)** Let's take it back to the good ole' days and jam out, while working out. This cardio class will get your heart pumping and your soul filled with music from back in the day.
- **Fiery Cycling (50 min CR)** An intense and challenging cardiovascular workout focusing on endurance and strength by simulating an outdoor bike ride. ****IT IS RECOMMENDED TO CALL ONE DAY BEFORE TO RESERVE YOUR BIKE FOR THIS CLASS 919-938-7581****
- **Flex & Stretch (30 min AR)** A relaxing class that combines breathing, balance, and stretching to improve flexibility, body alignment, and soothe stiff joints and tight muscles.
- **Line Dancing (60 min AR)** Cardiovascular workout incorporating fun line dances. It's a workout for the mind and body. All levels are welcome. This class is hybrid meaning it is offered in-person and online through Zoom 590 144 5794
- **Lunch Stretch (30 min AR)** Lunch yoga has many of the same qualities and benefits, including building internal heat, increased stamina, strength, and flexibility, as well as stress reduction, all in the lunch hour.
- **Reboot (45 min, GF)** Need some new motivation? Let's help you REBOOT! An intense training program for individuals looking for an extra push to help reach their goals with our Health & Wellness Specialist Staff. Using non-conventional training equipment to focus on agility, balance, mobility & visible results that allow the body to shed fat, boost energy and maximize endurance!
- **Rise & Tone (30 min AR)** A varied strength training session to build muscle and develop strength and endurance.

Aquatic Class Descriptions & Information

ALL INSTRUCTORS
RESERVE THE RIGHT TO
MAKE NECESSARY
CHANGES TO MEET THE
NEEDS OF THE CLASS

For pool information
and/or updates please
join the Aquatic Text
Club. Text @HQWater to
81010

Lane lines will remain in
the lap pool but only in
Lanes 4 and 5. Lanes
1-3 will be available for
first-come, first-serve
open swim, and water
aerobic classes.

The spa capacity
maximum of 3 persons.

CLASS DESCRIPTIONS

- **Aqua Motion (45 min)** Exercises for intermediate to advanced participants to increase endurance, strength and flexibility. Held in the lap pool, this class is for all levels depending upon your personal motivation and push for intensity.
- **Arms & Abs (45 min)** A 45-minute class designed to strengthen the upper body and core with concentrated exercises to sculpt the Arms & Abs.
- **Cardio Swim (60 min)** A one-hour cardiovascular swim class designed to build upon your current swim skills, improve technique and increase endurance. Open to adults and must be able to swim 25 yards (one length of the lap pool). Come swim, have fun and get a great workout! Class held in the lap pool.
- **Joint Action (45 min)** Warm water exercises to keep joints moving and improve flexibility, strength, coordination, endurance and mobility for individuals with arthritis, fibromyalgia or other musculoskeletal problems. Also, a great class for athletes recovering from injuries. This class is held in the therapy pool. It is also a designated Silver & Fit exercise class.
- **S'WET (45 min)** Designed to build muscle and challenge coordination and reaction time, this class has a constantly changing environment to push intensity to the next level.
- **Water Works (60 min)** A fun and energetic class that is great for all levels! An array of equipment will be used to increase strength and build endurance all while having fun in the water. A great class for cardio not on land.
- **Yo Pi Chi (60 min)** A low-impact class combining the principals of Yoga, Pilates, and Ai Chi in a warm water environment to increase range of motion, muscular flexibility, and joint integrity.

FAMILY SWIM

Members may bring children ages 2-11 to the pool areas during the designated times. Members over the age of 12 may use either pool at any time during operating hours. Please refer to the policy listed in the pool area for more details.

Lap Pool Family Swim Times:

- Monday-Friday, 8:00 a.m. - 8:30 p.m.
- Saturday, 8:00 a.m. - 4:30 p.m.
- Sunday, 1:00p.m. - 4:30 p.m.

Therapy Pool Family Swim Times:

- Not available during the week, Saturday and Sunday, 1:00 p.m.-4:30 p.m.

PHYSICAL THERAPY

Members 12 and older may use the therapy pool anytime, but the jets will not be running during physical therapy sessions.

Physical Therapy Times:

- Monday & Wednesday, 8:20 a.m. - 4:30 p.m.



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