

GROUP FITNESS CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 am	TRX			TRX	
6:30 am					
8:00 am	Water Yoga				
9:00 am	Basic Yoga	Water Aero- bics Arthroit*	Basic Yoga	Arthroit*	Water Aerobics
9:30 am					
10:00 am		Water Aero- bics Basic Yoga	Foam Roller	Basic Yoga	Water Aerobics
10:30 am					
11:00 am	Mat Pilates	Therapeutic Yoga	Restorative Yoga	Mat Pilates	
11:30 am					
12:00 pm				Water Yoga	
12:30 pm					
1:00 - 3:30 pm					
4:00 pm	Kids Yoga <i>(starts September)</i>				
4:30 pm					
5:00 pm					
5:30 pm					
6:00 pm					
6:30 pm					
7:00 pm	Gentle Yoga		Flow Yoga		
7:30 pm					
8:00 pm					

LAP SWIM SCHEDULE

MONDAY – THURSDAY 5:00 a.m. - 8:00 p.m.

FRIDAY 5:00 a.m. - 2:00 p.m.

*Arthroit requires a functional assessment before first class.
Not included with the punch pass pricing.

*Please allow patients to have priority when using the therapy pool.

ARTHROFIT

Arthroit features three different types of exercises to help participants achieve better health and mobility through aerobic conditioning, strength training, and stretching. The Arthroit class is also great for people who have recently had joint replacement surgery.

MAT PILATES

This class tones, strengthens and burns fat through stabilization and mobilization of specific muscles. Focusing on the "powerhouse" of the

body, breath and correct movement patterns based on your posture and biomechanics/alignment. This class uses some props and the goal is control but does not require as much coordination as total barre.

TRX CLASSES

TRX Suspension Training is body weight exercises that develops strength, balance, flexibility and core stability simultaneously. This is a great fitness class to strengthen, tone and provide an all over workout. Join Katie Hafen as you work with a suspension system to completed hundreds of exercises.

WATER AEROBICS

The pool provides an ideal environment for exercise as water reduces gravitational forces on the body. Water aerobics helps improve posture, strength, endurance, and flexibility. Our water aerobics classes are easy on your joints, yet challenging enough to help you reach your fitness and wellness goals.

FOAM ROLLER

Foam rolling classes teach a form of self-myofascial release. Prepare your muscles for a workout, treat day-to-day tightness, and promote muscle recovery using the roller to release muscular tension. Using a foam roller for self-massage as part of your exercise routine can improve your flexibility and reduce risk of overuse injury.

YOGA

BASIC YOGA This practice can do wonders for your overall mood, physique and peace of mind. This class is designed to teach basic yoga poses and breathing patterns. We may work into advanced poses. Classes can be modified to fit all fitness levels. Class ends with savasana (meditative poses).

FLOW YOGA Building on the principles of alignment and breath taught in basic yoga and level 2. Flow yoga brings together poses (asanas) and breath (prana) to gently glide through a sequence. Beginning and ending with meditation and flowing with breath, this class will have you feeling alive and connected.

GENTLE YOGA

Using softer, less strenuous movements to increase flexibility, build strength and enhance energy levels. This practice is mainly on the mat (generally few standing poses) using breath to guide the body and mind into releasing tension, stress and fatigue creating a more balanced well being. All levels welcome.

KIDS YOGA Yoga comes to life for kids in this creative class. Classes explore Yoga poses, breathing exercises, visual imagery and relaxation techniques.

RESTORATIVE YOGA Using the support of props, breath work and time to create a comfortable environment for the whole body to rest. By holding stillness, softening the mind and gently breathing for 3 - 15 minutes per pose, the student expands more freely from the inside out. Deep healing and release of tension result from this quiet practice of restoring and reenergizing. All levels welcome.

THERAPEUTIC YOGA This class offers you the tools for your journey towards better health and wellness. Therapeutic yoga is especially beneficial to those living with or recovering from illness or injury. This is an effort and ease class. We begin the practice with breath work (pranayama). Recognizing this as a tool for stress and anxiety reduction. Moving through to gentle effort poses blended with restorative (ease) poses.

WATER YOGA Working with the basics, water yoga is low impact and gentle on the muscles and joints, making it perfect for everybody. Water's buoyancy can make even difficult asanas feel effortless while encouraging you to go with the flow.

GROUP FITNESS CLASSES PRICING

1 DAY PASS	\$5
10 CLASS PUNCH PASS	\$45
SINGLE MONTHLY PASS	\$55
(INCLUDES UNLIMITED SWIM AND GROUP FITNESS CLASSES)	
ARTHROFIT	\$60
(INCLUDES 8 CLASSES AFTER A FUNCTIONAL ASSESSMENT)	

LAP SWIM PRICING

SINGLE MONTHLY PASS	\$25
COUPLE MONTHLY PASS	\$35
ANNUAL PASS	\$175 / \$240

OUR INSTRUCTORS



KATIE HAFEN

YOGA, TRX, PILATES

A fitness instructor of 12 years, Katie is a strong believer that living a well-balanced life is one of the keys to happiness and longevity. As our lead instructor, Katie is a 200YRT certified yoga instructor, TRX, Stott mat and reformer instructor.



LACEE BROWN

WATER AEROBICS

Lacey received her Bachelor of Science Degree in Athletic Training in 2012. Her interests include sports medicine, high school sports, and training student interns. Lacey also provides athletic training coverage for Wasatch High School athletics.



ANNE HAUETER

YOGA

Anne has been practicing yoga for over 13 years. Through practicing yoga, she found her heart to open and her mind and body to align while studying the practice of Anusara. Anne embraces helping others find their own flow on and off the mat, or in and out of the water.



SAM MURPHY

ARTHROFIT

Sam received his Bachelors of Science Degree in Exercise Science in 2011 and his Doctor of Physical Therapy in 2014. His interests include acute care, geriatric care, balance training, and fall prevention. Sam completed arthritis program training at TOSH in 2017.



SALLY VOLLBRECHT

YOGA

Sally is certified in Hatha Yoga, Ayurveda Yoga Therapy. Through proper alignment and elements of yoga therapy, she guides students to find their own freedom and release where soul meets body. Her passion to teach touches others through her compassion and gentle attention.

GROUP FITNESS



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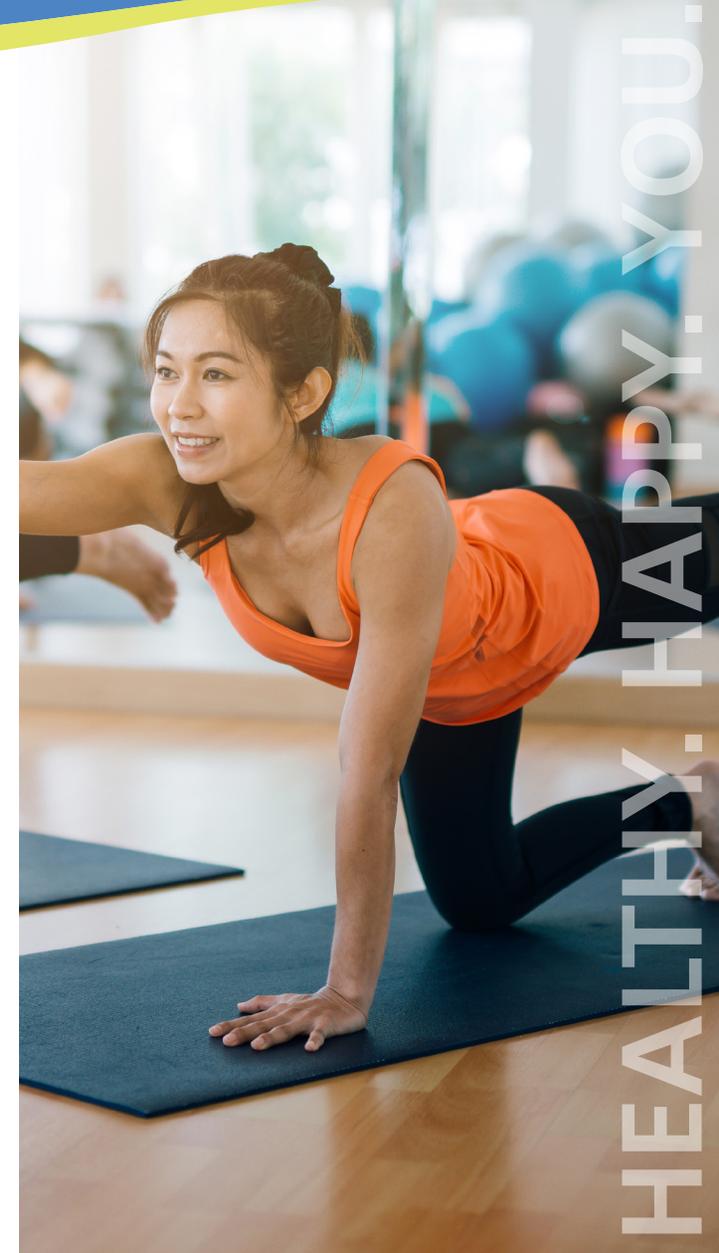
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Heber Valley Hospital Physical Therapy is proud to offer a series of group fitness classes to help you reach your fitness goals and help you live the healthiest life possible.



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