



Enjoying  
big-time fun  
with a  
small group  
starts here.

The Tower Fitness Center | Group  
Fitness Schedule | December 4-15

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# The Tower Fitness Center

## Group Fitness Schedule

December 4 – December 15

| MONDAY                      | TUESDAY                     | WEDNESDAY                              | THURSDAY                 | FRIDAY                      |
|-----------------------------|-----------------------------|--|--------------------------|-----------------------------|
|                             | Sweat w/ Stef<br>6 – 6:45am |  | Pilates<br>6 – 6:45am    |                             |
| Sweat w/ Stef<br>11:15-12pm | HIIT<br>11:15-12pm          | Athletic<br>Conditioning<br>11:15-12pm | Tabata<br>11:45-12:30pm  |                             |
| Yoga<br>12-1pm              | LIIT<br>12 – 12:45pm        | Yoga<br>12-12:45pm                     | Strength<br>12:30-1:15pm | Core N More<br>12:30-1:15pm |
|                             | Tabata<br>1 – 1:45pm        |  | Pilates<br>1:15-2pm      |                             |
|                             | Pilates<br>5:15-6:15pm      |  |                          |                             |

**Athletic Conditioning** – Bring out your inner athlete with these aerobic, plyometric, agility, and conditioning exercises

**Core N More** – Strengthen, tone, and sculpt your core along with other full body toning exercises

**HIIT** – High Intensity Interval Training will burn a lot of calories while finding new limits to push your body

**LIIT** – Low Intensity Interval Training will take ordinary exercises and make them extraordinary

**Pilates** – Focus on strengthening your core and toning your body

**Strength** – Build your strength with this full body workout

**Sweat w/ Stef** – Stef will lead you through 1 minute intervals of cardio and strength

**Tabata** – 20 seconds of all-out effort, followed by 10 seconds of rest, intense to maximize your time

**Yoga** – Find your balance of body and mind

Boot Camp will return January 2018

Additional classes (i.e. ZUMBA, etc) will be added as acquired.

Check back frequently for updates!

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