

# GROUP EXERCISE SCHEDULE

## Sept 30 - Dec 31, 2019

All classes on this schedule are included in your membership.  
Come experience the energy of Group Exercise Classes!

**Please use this guide to find the class most suitable for you.**

- Gentle, Introduction, Beginner
- Intermediate, All Levels with Modifications
- Most Challenging, Advanced; Intermediate with Modifications
- Rock Steady Boxing, for participants with Parkinson's

**ROOM KEY**

- A = Studio A
- B = Studio B
- CR = Conference Room
- P = Therapy Pool
- L = Lap Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am	Cycling (B) Pam	BODYPUMP™ (A) Chasidy	Cycling (B) Pam	BODYPUMP™ (A) Chasidy	Cycling (B) Pam
	Early Bird Bootcamp (A) Robyn		Early Bird Bootcamp (A) Robyn		
8:00am		Yoga & Pilates (A) Adrienne	Step Blast (A) Adele	Step & Sculpt (A) Adele	Power Yoga (A) Karen
	Aqua Boot Camp (P) Kelly (45 min)		Aqua Boot Camp (P) Kelly (45 min)		
8:15am	Power Strength (A) Robyn (45 min)				
9:00am	Water Workout (P) Kristin	Water Workout (P) Christina	Water Workout (P) Kelly	Water Workout (P) Christina	Water Workout (P) Kristin
9:15am	Anything Goes Cardio (A) Adele	BODYPUMP™ (A) Adrienne	Power Strength (A) Krista	ZUMBA® (A) Diana	Anything Goes Cardio (A) Krista
	Kettlebell Cardio Combo (B) Robyn (45 min)	Cycling (B) Krista	Kettlebell Cardio Combo (B) Robyn (45 min)	Cycling (B) Adele	Kettlebell Cardio Combo (B) Adrienne (45 min)
10:15am		Water Yoga (P) Julie (45 min)		Water Yoga (P) Kelly (45 min)	
10:20am	Power Water (L) Kristin (45 min)		Power Water (L) Christina (45 min)		Power Water (L) Christina (45 min)
10:30am	ZUMBA® (A) Diana	Barre Body (A) Becky	Yoga (A) Sherry	Pilates (A) Diana	Gentle Yoga (A) Sherry
	Cycling Express (B) Christina (45 min)		Cycling Express (B) Penny (45 min)		Cycling Express (B) Penny (45 min)
	Arthritis Water Workout (P) Kelly (45 min)		Arthritis Water Workout (P) Adrienne (45 min)		Arthritis Water Workout (P) Adrienne (45 min)
11:15am		Arthritis Water Workout (P) Julie (45 min)		Arthritis Water Workout (P) Kelly (45 min)	
11:30am	ZUMBA® Toning (A) Diana (30 min)			Qigong (A) Lyle (begins Nov. 7)	
12:00pm		Zumba® Gold (A) Diana		TRX® Circuits (B) Adrienne	BODYPUMP™ (A) Adrienne
12:15pm	Pilates (A) Diana				
1:30pm	EZ Movers (A) Diana	Sit & Fit Yoga (A) Sherry	EZ Movers (A) Becky	Sit & Fit Yoga (A) Karen	EZ Movers (A) Krista
2:30pm	Rock Steady Boxing (90 min)	Rock Steady Boxing (90 min)	Rock Steady Boxing (90 min)	Rock Steady Boxing (90 min)	
4:15pm	Power Strength (A) Heather	Yoga (A) Elli	BODYPUMP™ (A) Adrienne	Yoga (A) Karen	Yoga (A) Sherry
4:30pm	Cycling (B) Adrienne	Power Pilates (B) Heather (45 min)	Cycling (B) Kate	Power Pilates (B) Heather (45 min)	Cycling (B) Pam
5:30pm	ZUMBA® (A) Kristin	BODYPUMP™ (A) Pam	Core & Stretch (A) Becky	BODYPUMP™ (A) Pam	
		Cycling (B) Christina		Cycling (B) Christina	
	Water Workout (P) Heather	Water Workout (P) Sue	Water Workout (P) Heather	Water Workout (P) Sue	Aqua Volleyball (P)
5:45pm	*TRX® Circuits (B) Adrienne		*TRX® Circuits (B) Adrienne		
6:45pm	Yin Yoga (A) Karen	Qigong (A) Lyle (begins Nov. 5)	Yin Yoga (A) Karen		

Saturday
8am Mindful Yoga (A) Karen
9am Water Workout (P) Sue
9:15am BODYPUMP™ (A) Victoria
10:30am Pilates (A) Kate
10:30am Cycling (B) Victoria

Sunday
9am BODYPUMP™ (A) Chasidy
10:30am Water Workout (P) Sue
10:30am Mindful Yoga (A) Carolina (75 min)

Shirts that cover the midriff are required. Shoes that cover the toes are required in all classes except Yoga, Pilates, Tai Chi, & Aqua classes or as approved by Group X Instructor.

Schedule/class format is subject to change. If a sub is needed, efforts are made to provide a class that reflects the posted format. At times this is not possible or a class must be cancelled. Check the web calendar at: [www.vhwellfit.com](http://www.vhwellfit.com) & postings for updates.

Classes are 60 min. unless otherwise indicated. For your safety, please do not enter class 10 min. past the start time, and no late entry into yoga classes. Schedule is SUBJECT TO CHANGE based on Instructor availability. Check [vhwellfit.com](http://vhwellfit.com) for updates.

Classes marked with the \* require participants to obtain a number from the Member Services Desk. These are available on a first-come, first-served basis no more than 30 minutes before the class start time.

### AQUATICS

**Arthritis Water Workout** Gentle water aerobics that draws on the warmth of the pool to facilitate basic range of motion and strength exercises.

**Water Yoga** Enjoy the mind/body benefits of yoga in the warmth of the therapy pool. Anyone can reap the benefits of this special fusion class.

### BASIC LAND CLASSES

**Gentle Yoga** Appropriate for beginners or those who want a softer, slower paced yoga class. Gentle movement of the body in a comfortable way with modifications as needed.

**EZ Movers** A gentle, low-impact workout that increases balance, endurance, and strength. Exercises may be performed standing or seated in a chair.

### MIND BODY

**Sit & Fit Yoga** Seated yoga movements, optional standing and seated relaxation.

**Qigong** (qi means energy and gong means skills) are movement exercises that form an important branch of Traditional Chinese Medicine. Designed to improve energy flow in the body to enhance health and well-being. Incorporates movement, posture, self-massage, breathing technique, and focused intent.

### AQUATICS

**Aqua Volleyball** End your week with some Friday fun in the pool!

**Power Water** A fun cardiovascular challenge in the lap pool using a variety of exercises to keep you moving!

**Water Workout** A full-body strengthening and cardiovascular workout using the properties of water and equipment to train without joint strain. Improve endurance & strengthen your core, heart, and lungs.

### CARDIO & TONING

**Anything Goes Cardio** An energetic cardio workout using varied formats to prevent you from getting into a cardio rut (with toning during certain classes).

**BODYPUMP™** A total body workout using light to moderate weights & high repetitions. You will be coached through scientifically-proven moves & techniques using cutting-edge choreography set to chart-topping music. Sculpt, tone, & strengthen your entire body fast & get the results you want!

**Early Bird Bootcamp** Use a variety of equipment in this cardio & strength combo class to wake-up your body & brain to get you ready for the day!

**Kettlebell Cardio Combo** Combine the toughness of the Kettlebell with various exercises for a body changing workout.

**Step Blast** An aerobic workout using creative step combinations. Some experience with step is recommended though not required.

**Step & Sculpt** Cardio and muscle toning in one class! Cardio portion utilizes a step, however movements can be executed on the floor without a step.

**Power Strength** Try strength moves for all major & minor muscle groups. Use a variety of equipment & effective techniques to increase muscular endurance & strength.

**Zumba®** Forget the workout, join the party! Fun dance moves set to energizing music.

**Zumba® Gold** A Zumba® class with all the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion, and coordination

**Zumba® Toning** Combines targeted body-sculpting exercises with fun music to work every muscle group while you groove.

### CYCLING

**Cycling** Use various techniques including flats, hills, intervals, and jumps to improve endurance and strength so you can hit the road with speed and power.

*All CYCLING classes are beginner friendly! If you're new, come early to learn how to set up your bike.*

### MIND BODY

**Barre Body** This barefoot interval class will challenge your core, balance, cardio, & strength by using the Equalizers™ for a fun dance-based & athletic training class all combined in one!

**Core & Stretch** 30 minutes of core moves followed by 30 minutes of dynamic stretching. Class will use a variety of equipment (balls, yoga straps, foam rollers, etc.) to engage the body from head to toe.

**Mindful Yoga** A traditional slower paced practice that allows you to truly experience each pose to its fullest followed by extra meditation to invigorate, renew, & fortify mind, body, and heart.

**Pilates** Mat work using rings, bands, balls & props to provide a challenging workout.

**Power Pilates** A Pilates inspired workout choreographed to Top 40 hits to keep you moving & motivated.

**Yin Yoga** A gentle class taught primarily on the floor using props to assist in deep release of the connective tissues. The poses are held 2-5 minutes with emphasis on deep breathing to facilitate complete release.

**Yoga** Traditional, moderately-paced meditative practice that focuses on proper breathing, flexibility, strength, & vitality in body while calming the mind. Establish the basics with options for variations to offer a challenge as well.

**Yoga & Pilates** A flowing mind/body practice integrating yoga & Pilates to increase strength, flexibility, & core stability.

### AQUATICS

**Aqua Boot Camp** Kick up the intensity with timed drills and boot camp exercises with water equipment to make you sweat but not batter your body. Will get you into shape and out of your aquatic comfort zone.

### TRX®

**TRX® Circuits** Use the TRX® Suspension Trainer and various other equipment to build core stability, strength, & endurance.

\*\* Come a few minutes early to your 1st TRX® class to learn how to adjust the equipment.

### MIND BODY

**Power Yoga** A high energy practice to increase your heart rate, develop strength, & increase balance. Energizing total body sequences shake up your workout to reset & strengthen your mind, heart, & body.

**Rock Steady Boxing** A circuit-style boxing class for people with Parkinson's to help improve reflexes, balance, neuromuscular memory, & posture & slow the progression of the disease symptoms. Small group training sessions include periods of work, rest, balance training, & stretching. Caregivers are welcome to attend with the participant. Participant must be diagnosed with Parkinson's. Class is provided to members' at no additional cost due to a grant from the WMC Foundation.

**Most classes are 60 minutes unless otherwise indicated. For your safety, please do NOT enter a class 10 minutes past the start time. No late entry into yoga classes.**

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