

GROUP EXERCISE SCHEDULE

July 6 - September 6, 2020

Most classes are 45 minutes unless otherwise indicated.
Come experience the energy of Group Exercise Classes!

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

L		Gentle, Introduction, Beginner
E		Intermediate, All Levels with Modifications
V		Most Challenging, Advanced; Intermediate with Modifications
E		Special Group Program. Pre-payment and registration required.

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 (60 min)	BODYPUMP™ (A) Chasidy(60 min)	Cycling (B) Pam (60 min)	BODYPUMP™ (A) Chasidy(60 min)	Cycling (B) Pam (60 min)
8:00am	Aqua Boot Camp (P) Kelly	Power Yoga (A) Lisa	Aqua Boot Camp (P) Kelly	Step Blast (A) Adele	Aqua Boot Camp (P) Lynn
9:00am	Step Blast (A) Adele	Water Workout (P) Lynn (60 min)	Interval Challenge (A) Lisa	Water Workout (P) Kelly/Nicole (60 min)	Anything Goes Cardio (A) Lisa
9:15am	Water Workout (P) Kristin/Lynn	BODYPUMP™ (A) Josie (60 min)	Water Workout (P) Lynn/Nicole	ZUMBA® (A) Diana (60 min)	Water Workout (P) Kristin/Nicole
10:00am			Qigong (B) Lyle		
10:30am	Arthritis Water Workout (P) Kelly/Nicole	Power Water (P) Lynn	Arthritis Water Workout (P) Lynn	Power Water (P) Kelly/Nicole	Arthritis Water Workout (P) Lynn
10:45am	ZUMBA® (A) Diana (60 min)	Barre Strong (A) Josie	Yoga (A) Sherry (60 min)	Pilates (A) Diana	Gentle Yoga (A) Sherry (60 min)
12:15pm	Pilates (A) Diana	Zumba® Gold (A) Lisa			BODYPUMP™ (A) Josie (60 min)
1:30pm	EZ Movers (A) Lisa	Sit & Fit Yoga (A) Sherry	EZ Movers (A) Diana	Sit & Fit Yoga (A) Karen	
4:15pm	Interval Challenge (A) Heather	Yoga (A) Elli (60 min)	Kickboxing (A) Lisa	Yoga (A) Karen (60 min)	Yoga (A) Sherry (60 min)
4:30pm					
4:45pm		Power Pilates (B) Heather		Barre Strong (B) Heather	
5:00pm	Water Workout (P) Sue				
5:30pm	ZUMBA® (A) Lisa (60 min)	Water Workout (P) Sue (60 min)	Power Yoga (A) Christina (60 min)	Water Workout (P) Sue (60 min)	
5:45pm		BODYPUMP™ (A) Pam (60 min)		BODYPUMP™ (A) Pam (60 min)	

Saturday

8am Mindful Yoga (A) Karen (60 min)

8:45am Outdoor Boot Camp Nicole

9am Water Workout (P) Sue (60 min)

9:30am BODYPUMP™ (A) Pam (60 min)

11am Pilates (A) Kate

Sunday

9am BODYPUMP™ (A) Chasidy (60 min)

9:30am Water Workout (P) Sue (75 min)

10:30am Yoga (A) Sherry (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 & postings for updates.

Most classes are 45 minutes unless otherwise indicated.

For your safety, please do not enter class 10 min. past the start time, and no late entry into yoga or qigong classes. Schedule is SUBJECT TO CHANGE based on Instructor availability. Check vhwellfit.com for updates.



AQUATICS

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

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. Classes may be held outdoors depending on the weather.

AQUATICS

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!

Interval Challenge Cardio and strength moves are combined to increase your metabolic rate. Interval training can be adjusted to all fitness levels.

Kickboxing Jab, punch, and kick during an energetic kickboxing class. Cardio, coordination, and fun will be emphasized.

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

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

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 Strong Challenge your core, balance, cardio, & strength by combining ballet-inspired moves with elements of Pilates, dance, and strength training. Low impact barre moves can improve flexibility, muscle definition, and posture.

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.

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.

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.

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.

BOOT CAMP

Outdoor Boot Camp A total body strength and high-intensity cardio workout using bodyweight and equipment. Boost your metabolism, increase anaerobic threshold, and build overall strength.

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