

GROUP EXERCISE SCHEDULE November 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
- F = Fitness Floor

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	Balance & Stretch (A) Lisa	*Aqua Boot Camp (P) Kelly	Step Blast (A) Adele	*Aqua Boot Camp (P) Lynn
8:45am		*Water Workout (P) Lynn		*Aqua & Yoga (P) Kelly (55 min)	
9:00am	Step Blast (A) Adele		Interval Challenge (A) Lisa		Anything Goes Cardio (A) Lisa
9:15am	*Water Workout (P) Kristin	BODYPUMP™ (A) Josie (60 min)	*Water Workout (P) Lindsey	ZUMBA® (A) Diana (60 min)	*Water Workout (P) Lindsey
10:00am	Cycling (B) Christina	*Power Water (L) Lynn	Qigong (B) Lyle	*Power Water (L) Kelly	
10:30am	*Arthritis Water Workout (P) Kristin		*Arthritis Water Workout (P) Lynn		*Arthritis Water Workout (P) Christina
	ZUMBA® (A) Diana (60 min)		Yoga (A) Sherry (60 min)	Pilates (A) Diana	Gentle Yoga (A) Sherry (60 min)
10:45am		Barre Strong (A) Josie			
11:45am	Pilates (A) Diana				
1:30pm	EZ Movers (A) Lisa (60 min)	Sit & Fit Yoga (A) Sherry (60 min)	EZ Movers (A) Diana (60 min)	Sit & Fit Yoga (A) Karen (60 min)	EZ Movers (A) Lisa (60 min)
2:45pm	Rock Steady Boxing (A, B) (75 min)	Rock Steady Boxing (A, B) (75 min)	Rock Steady Boxing (A, B) (75 min)	Rock Steady Boxing (A, B) (75 min)	
4:15pm	*BODYPUMP™ (A) Josie (60 min)	Yoga (A) Elli (60 min)	Kickboxing (A) Lisa	Yoga (A) Karen (60 min)	Yoga (A) Sherry (60 min)
4:30pm	*Water Workout (P) Sarah				
5:30pm	Pilates (A) Kate	*Water Workout (P) Sue (60 min)	Power Yoga (A) Christina (60 min)	*Water Workout (P) Sue (60 min)	
		Cycling (B) Kristin		Cycling (B) Christina	
5:45pm		*BODYPUMP™ (A) Pam (60 min)		*BODYPUMP™ (A) Pam (60 min)	
6:30pm	Yin Yoga (A) Karen (60 min)	Barre Strong (B) Kristin			

Saturday
8am Mindful Yoga (A) Karen (60 min)
8:45am Build Wisely Performance (F) Chris
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 *Aqua & Yoga (P) Sue (75 min)
10:30am Mindful 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.

Advance registration required for classes marked with an *. Call 540-536-3000 & press option 2 to reserve a spot in the class 2 hours prior to the 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.

BASIC LAND CLASSES

Balance & Stretch Improve your balance and flexibility. Class includes balance exercises (chairs provided if needed) and full body range of motion. Concludes with a relaxation segment.

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.

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 for 2-5 minutes with emphasis on deep breathing to facilitate complete release.

AQUATICS

Aqua & Yoga Enjoy a full-body workout in the pool with an emphasis on cardio conditioning and strength. Class ends with an extended focus on flexibility and relaxation by adapting yoga movements into the water environment.

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.

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

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 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.

FITNESS

Build Wisely Performance Purposeful training that is strategically designed for maximal fat loss, while building lean muscle and keeping your joints safe. Program optimizes your ability to perform pain free. Sessions take place in the weight room and use barbells, free weights, bands, etc. Build your body wisely!

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 requires pre-registration and pre-payment.

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