

# GROUP EXERCISE SCHEDULE

## September 6 - October 30

Most 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.**

- L**  Gentle, Introduction, Beginner
- E**  Intermediate, All Levels with Modifications
- V**  Most Challenging, Advanced; Intermediate with Modifications
- E**  Most Challenging, Advanced; Intermediate with Modifications
- L**  Special Group Program

**ROOM KEY**

- A = Studio A
- B = Studio B
- C = Studio C
- P = Therapy Pool
- L = Lap Pool
- F = Fitness Floor
- H = Human Performance Lab

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am	Cycling (B) Pam	BODYPUMP™ (A) Chasidy	Cycling (B) Pam	BODYPUMP™ (A) Chasidy	Cycling (B) Pam
8:00am	Aqua Boot Camp (P) Kelly (45 min)		Aqua Boot Camp (P) Kelly (45 min)		Aqua Boot Camp (P) Sue (45 min)
	BODYPUMP™ (A) Yliana				
9:00am	Water Workout (P) Lindsey (45 min)	Water Workout (P) Sue (45 min)	Water Workout (P) Lindsey (45 min)	Water Workout (P) Christina (45 min)	Aqua Zumba® (P) Yliana (45 min)
9:15am	Step Blast (A) Adele	STRENGTH! (A) Krista	Interval Challenge (A) Lisa	ZUMBA® (A) Yliana	Anything Goes Cardio (A) Krista
10:00am	Cycling Express (B) Penny (45 min)	Water Yoga (P) Sue (45 min)	Qigong (C) Lyle (45 min)	Water Yoga (P) Kelly (45 min)	
	Power Water (L) Sue (45 min)		Power Water (L) Lindsey (45 min)	Cycling Express (B) Krista (45 min)	Power Water (L) Sue (45 min)
10:30am	Dance Party/Zumba® (A) Lisa	Barre Strong (A) Yliana (45 min)	Yoga (A) Lisa	Barre Strong (A) Yliana (45 min)	Foam Roll, Release, & Stretch (A) Krista
	Arthritis Water Workout (P) Jann (45min)		Arthritis Water Workout (P) Sue (45min)		Arthritis Water Workout (P) Jann (45 min)
11:00am		Interval Challenge (B) Tenille (45 min)		Interval Challenge (B) Tenille (45 min)	
11:15am			TRX® Circuits (B) Kelly		TRX® Circuits (B) Kelly
11:45am	Pilates Mat (A) Pauline	Dance Party (A) Adele			Pilates & More (A) Pauline
1:30pm	EZ Movers (A) Krista	Sit & Fit Yoga (A) Mari	EZ Movers (A) Sue	Sit & Fit Yoga (A) Sherry	EZ Movers (A) Lisa
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	STRENGTH! (A) Krista	Yoga (A) Christina	Yoga Sculpt (A) Christina	Yoga (A) Sherry	Yoga (A) Mari
		Barre Strong (B) Yliana (45 min)			
5:00pm	Pilates Mat (C) Kate (45 min)				
5:30pm	Zumba® (A) Yliana (45 min)	Cycling (B) Krista (45 min)	Step Blast (A) Krista	Cycling (B) Mari (45 min)	Water Volleyball (P) (90 min)
		Water Workout (P) Christina (45 min)	Water Yoga (P) Christina (45 min)	Aqua Zumba® (P) Yliana (45 min)	
5:45pm		BODYPUMP™ (A) Pam		BODYPUMP™ (A) Pam	
6:30pm	Yin Yoga (A) Christina	Foam Roll & Stretch (B) Krista (45 min)			
6:45pm			Yin Yoga (A) Christina		

Saturday
8am Mindful Yoga (A) Carolina
9am Water Workout (P) Sue (45 min)
9:30am BODYPUMP™ (A) Pam
11am Pilates Mat (A) Kate

Sunday
9am BODYPUMP™ (A) Chasidy
9:30am Aqua Zumba® (P) Yliana (45 min)
10:30am Mindful Yoga (A) Carolina (75 m)
12pm Ballroom Dancing (A) Jody 1st & 3rd Sunday of the month

**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.**

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

**Most classes are 60 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](http://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.

**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

**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!

**Aqua Zumba®** Blend Zumba® philosophy and music with traditional water exercises and water resistance for one fun pool party!

**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 & STRENGTH

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

**Ballroom Dancing** A social dance class held on the 1<sup>st</sup> and 3<sup>rd</sup> Sunday of the month. Dances taught include salsa, swing, waltz, tango, and others. No previous experience necessary. Wear dance shoes or shoes with smooth soles.

**Barre Body** This barefoot interval class will challenge your core, balance, cardio, & strength. It's a fun dance-based & athletic training class all combined in one!

**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!

**Dance Party** Shake, shimmy, sweat, and shine! Dance cardio class for all levels. Fun upbeat music from all decades. Easy dance moves to burn calories, increase mobility, balance, and coordination while having fun!

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

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

**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

**Foam Roll, Release, & Stretch** Learn how to use foam rollers, balls, straps, and other tools to improve flexibility. Explore a variety of stretching techniques and myofascial release to enhance your athletic adventures.

**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** A strengthening and lengthening form of exercise that focuses on your entire body, especially the core muscles. These exercises are designed to improve strength, flexibility, balance, and overall well-being.

**Pilates & More** Enhance your mat Pilates practice by incorporating props (balls, bands, rings, light weights, etc.). Explore a deeper understanding of the principles of Pilates by using equipment and variations to take basic mat exercises to a different level.

**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 Sculpt** A total body workout that uses a simple yoga flow as its base and supplements the flow with strength and cardio exercises. A great mix of mind and body for people of all fitness levels.

**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.

## 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 1<sup>st</sup> TRX® class to learn how to adjust the equipment.**

**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.

**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 or qigong classes.**

**Schedule is SUBJECT TO CHANGE based on Instructor availability.**