






## GROUP EXERCISE SCHEDULE

April 3-July 2, 2023

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**  Special Group Program
- 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)
9:00am	Step Blast (A) Adele				Anything Goes Cardio (A) Krista
	Water Workout (P) Lindsey (45 min)	Water Workout (P) Sue (45 min)	Water Workout (P) Lindsey (45 min)	Water Workout (P) Christina (45 min)	Water Workout (P) Sue (45 min)
9:15am		STRENGTH! (A) Krista	Interval Challenge (A) Lisa	ZUMBA® (A) Yliana	
				Cycling Express (B) Krista (45 min)	
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) Kristin (45 min)
	Power Water (L) Sue (45 min)		Power Water (L) Lindsey (45 min)		
10:15am					Foam Roll & Stretch (A) Krista
	Dance Party (A) Lisa	Interval Challenge (B) Tenille (45 min)		Interval Challenge (B) Tenille (45 min)	Interval Challenge (B) Catherine (45 min)
10:30am		Barre Strong (A) Yliana (45 min)	Yoga (A) Lisa	Barre Strong (A) Yliana (45 min)	
	Arthritis Water Workout (P) Kristin (45min)		Arthritis Water Workout (P) Sue (45min)		Arthritis Water Workout (P) Kelly (45min)
11:15am		Arthritis Water Workout (P) Kelly (45 min)	TRX® Circuits (B) Kelly	Arthritis Water Workout (P) Kristin (45 min)	TRX® Circuits (B) Jordan
11:30am	Pilates & More (A) Pauline (45 min)	Dance Party (A) Adele			Pilates & More (A) Betsy (45 min)
11:45am			BODYPUMP™ (A) Josie		
12:30pm	Chair & Balance (A) Pauline (45 min)				Chair & Balance (A) Lisa (45 min)
1:30pm	EZ Movers (A) Krista	Sit & Fit Yoga (A) Mari	EZ Movers (A) Adele	Sit & Fit Yoga (A) Jann	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	Interval Challenge (A) Heather	Yoga (A) Christina	Yoga (A) Mari
		Barre Strong (B) Yliana (45 min)		Power Pilates (B) Heather (45 min)	
5:00pm	Pilates Mat (C) Kate (45 min)				
5:30pm	Zumba® (A) Yliana (45 min)	Cycling Express (B) Krista (45 min)	Total Body Bootcamp (A) Krista	Cycling Express (B) Mari (45 min)	Water Volleyball (P) (90 min)
		Water Workout (P) Christina (45 min)		Aqua Zumba® (P) Yliana (45 min)	
5:45pm		BODYPUMP™ (A) Pam	Water Yoga (P) Christina (45 min)	BODYPUMP™ (A) Pam	
6:30pm	Yin Yoga (A) Christina	Foam Roll & Stretch (B) Krista (45 min)		Gentle Yoga (B) Mari (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/Pam
9:30am Aqua Zumba® (P) Yliana (45 min)
10:30am Mindful Yoga (A) Carolina (75 m)
12pm Ballroom Dancing (A) Jody
1st Sunday only

**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.

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.

Valley Health Wellness & Fitness Center \* 401 Campus Boulevard \* Winchester, Virginia 22601 \* 540-536-3000 \* [www.vhwellfit.com](http://www.vhwellfit.com)

Facility Hours: Mon-Fri 5am-9:30pm Sat-Sun 7am-5pm



### 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 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.

**Chair & Balance** work on strength and flexibility using a chair. Also work on coordination, posture and balance while using the chair reduces the risk of falling while still experiencing the benefits of exercise.

**Gentle Yoga** A gentle style of yoga with a slower pace and less intense poses. Great for newcomers, or anyone looking to add to their yoga practice.

### MIND BODY

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

**Qigong** are movement exercises that are designed to improve energy flow in the body to enhance health and well-being by incorporating movement, posture, self-massage, breathing techniques, 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).

**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.

**Total Body Bootcamp** This class incorporates various equipment, movements and modalities-relays, obstacle courses, partner work and more-to keep things fresh. Class involves cardio and strength with optional running and occasional outdoor ventures.

**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.

**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.

### 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.**