

Group Exercise Schedule

Effective January 1, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Rise & Grind 6:30-7:00 7:00-7:30		Cycle & Stretch 6:30-7:30	Rise & Grind 6:30-7:00 7:00-7:30		Rotating Class 9:30am-10:30am
A.M.	Gentle Yoga 9:00 - 10:15	Centered Stretch 9:00 - 9:55	Yoga I 9:00 - 9:55 Meditation 10:05-10:20	Gentle Yoga 9:00 - 10:15	Yoga I 9:00 - 9:55	1 st Sat Zumba® 2 nd Sat Yoga
	Stretch, Strength, & Balance 10:35 - 11:20	Pilates 10:00 - 11:15	Stretch, Strength, & Balance 10:35 - 11:20	Zumba®/Zumba Gold 10:35 - 11:25	Pilates 10:00 - 11:15	3 rd Sat Cycle & Stretch 4 th Sat Yoga
	Beginner Tai Chi Jan 7-Feb 25 12:00-1:00	Golden Tone 12:00 - 12:30	Lunchtime Combo 12:00 - 12:30	Golden Tone 12:00 - 12:30	Centered Stretch 12:00 - 12:30	5 th Sat TBD
P.M.		Zumba® Gold 2:00 - 2:50				
	Group Cycle 4:30 - 5:15	Tabata 4:30 - 5:30 (Come & Go)	Body Sculpt 4:30 - 5:15	Bike R Barre 4:30-5:00 (Bike) 5:10-5:55(Barre)	Tabata 4:30-5:30 (Come & Go)	
	Body Sculpt 5:25-6:10	Barre 5:35-6:20	Group Cycle 5:25-6:10			
	Zumba® 6:30-7:30	Cycle 6:30-7:15		Yoga 6:15-7:30		

POLICIES

TARDINESS Those who are 5 minutes late will not be admitted due to concerns about improper warm-up, injuries, and class disruption.

Yoga Classes-in keeping with the mind/body experience - **NO** late arrivals permitted.

***PASS POLICY** Passes can be obtained up to 15 minutes prior to class. Please give your pass to the class instructor.

Passes are given on a first come, first serve basis. One pass per individual. Individual must be present to obtain a pass.

Wellness Center Hours: Monday-Thursday – 5:30am – 8:00pm * Friday – 5:30am- 7:00pm * Saturday – 8:00am-2:00pm

Purchase a punch card* at the Wellness Center.

The Wellness Center is located at 419 Holiday Ct., Suite 200, in Warrenton. 540-316-2640.

*Non-members must purchase a punch card for **GROUP EXERCISE CLASSES**. Punch cards are \$70.00 and include 10 punches. Punch cards expire 3 months from the date of purchase and may be used for all group exercise classes.

CLASS DESCRIPTIONS

GROUP CYCLE* uses specially designed stationary bicycles. Instructor leads a visualization of an outdoor cycling workout. Pace and resistance is varied depending on your own fitness level. *Participants must obtain a class pass from the front desk.

Cycle and Stretch Group cycling on stationary bicycles for 40-45 minutes then 15-20 minutes of stretching, standing or on mats.

GOLDEN TONE is a movement program done to great music designed to help you thrive. Open to everyone from young adults to seniors, regardless of health, age, or ability level. Can be done standing or in a chair. The program improves overall wellness, range of motion, balance, and strength, as well as emotional well-being and self-image.

CENTERED STRETCH is a mind/body class focusing on different stretching and relaxation techniques utilizing accessories and props to improve flexibility. This class will include minimal standing to floor transitions.

GENTLE YOGA offers a slower pace and focuses on stretching all areas of the body while releasing stress and tension; props such as blankets, belts, and blocks are used. This class will include some standing to floor transitions.

YOGA I classes help participants improve balance, strength, and range of motion using traditional yoga poses; props such as blankets, belts, and blocks are used. Classes are suitable for beginners to those with yoga experience. This class may include multiple standing to floor transitions.

YOGA offers basic postures presented in more challenging ways with a focus on the fundamentals of yoga, and an introduction to more advanced postures such as standing balance poses, inversions, and backbends. Modifications are always offered and props such as blankets, belts, and blocks are used. More standing to floor transitions can be expected in this class.

PILATES is an energizing mind/body workout emphasizing proper breathing, correct spinal and pelvic alignment, and concentration on smooth, flowing movement, appropriate for all levels of fitness. This class may include multiple standing to floor transitions.

BARRE is a mind/body class that delivers incredible body changing results with a low impact workout suitable for all fitness levels and ages. Barre, props, floor, and/or chair work may be included.

Meditation Meditation is a practice by which a person achieves a greater sense of awareness, wisdom, introspection, and a deeper sense of relaxation. The basic objective is to be present – here and now.

ZUMBA® is a Latin-inspired, dance-fitness class incorporating Latin and international music and dance movements, creating a dynamic, exciting, and effective fitness system. It's so much fun, it's "exercise in disguise!"

ZUMBA GOLD® takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

TABATA Come at any time during the time frame listed to get a great high intensity workout. Tabata is a form of interval exercise of 20 seconds of exercise followed by 10 seconds of rest for 4 minutes (8 rounds). A Tabata usually consists of 4-8 different exercises. Participants may come and go and do as much as desired – all levels welcome.

BIKE R BARRE is comprised of 30 minutes of cycle and 45 minutes of Barre. Come for Cycle, Barre, or both for a complete workout. (See specific class descriptions for more details)

RISE & GRIND class designed to split **CARDIO & RESISTANCE TRAINING** into **TWO**- 30 minute segments; one 30 minute **CARDIO** workout and one 30 minute **RESISTANCE** workout. Come for the first 30 minutes, **or** the last, **or** for the whole hour for a complete workout. Each week will "flip/flop" segments.

TAI CHI Beginner is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. 8 weeks in Jan/Feb only.

BODY SCULPT uses body bars, exercise balls, BOSUs, steps, dumbbells and/or bands to improve muscle tone and strength. Great for any fitness level.

STRETCH, STRENGTH, AND BALANCE is a "variety class for grownups" geared toward seniors or those new to exercise and is ideal for flexibility, strength, and balance to improve function and activity level.

LUNCHTIME COMBO variety of cardio, strength, agility, and balance focus served up for your lunchtime pleasure! Suitable for ALL fitness levels and ages.
