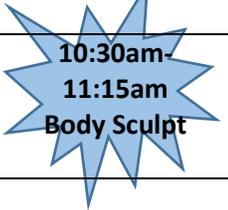


Group Exercise Schedule

Effective January 1, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Rise & Grind 6:30-7:00 7:00-7:30	 Body Sculpt 8:00-8:45	Cycle & Stretch 6:30-7:30	Rise & Grind 6:30-7:00 7:00-7:30	 Tabata 6:30-7:30 (come & go)	 Rotating Class 9:15am-10:15am
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 Move 'N Music
	Stretch, Strength, & Balance 10:35 - 11:20	Pilates 10:00 - 11:15	Stretch, Strength, & Balance 10:35 - 11:20	Move 'N Music 10:35 - 11:25	Pilates 10:00 - 11:15	2 nd Sat Yoga
P.M.	 Tai Chi Fusion 12:00-12:30	Golden Tone 12:00 - 12:30	Lunchtime Combo 12:00 - 12:30	Golden Tone 12:00 - 12:30	Centered Stretch 12:00 - 12:30	 4 th Sat Pound
		Move 'N Music 2:00 - 2:50				5 th Sat TBD
	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)	 Pound 5:00-5:45	 10:30am- 11:15am Body Sculpt
	Body Sculpt 5:25-6:10	Barre 5:35-6:20	Group Cycle 5:25-6:10			
	 Pound 6:15-7:00	 Yoga 6:30-7:30		Yoga 6:15-7:15		

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.

ATTENDANCE POLICY There must be a minimum of 2 participants in order for classes to be held.

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*

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 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.

MOVE 'N MUSIC Positive music and positive movement combine to create a dynamic, exciting, and effective dance workout. Moves and pacing can be modified to suit the needs of the active older participant, as well as those just starting their fitness journey.

POUND* Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

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 FUSION Tai Chi Fusion combines the disciplines of tai chi, yoga, and pilates into mindful movement designed to improve balance and core stability. It uses slow, flowing motions and focused breathing to deepen the mind/body connection and improve quality of movement. All levels are welcome and modifications will be provided.

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.
