

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 a.m.		Group Cycle		Group Cycle		Group Cycle	
6:00 a.m.			Bootcamp		Total Body Conditioning		
8:00 a.m.	Group Cycle						
9:00 a.m.		Total Body Conditioning	Group Cycle	Total Body Conditioning	Group Cycle	Outdoor Zumba	Group Cycle
9:00 a.m.							
9:30 a.m.	Total Body Conditioning						Outdoor Zumba
10:00 a.m.		Pilates Mat	Gentle Yoga	Yoga Sculpt	Gentle Yoga	Walk and Tone	Flow Yoga
10:00 a.m.	Flow Yoga		Aqua Intervals		Aqua Intervals		
10:30 a.m.							Aqua Intervals
11:15 a.m.			Aqua Intervals				
12:00 p.m.		Chair Yoga				Chair Yoga	
5:30 p.m.		Group Cycle	Outdoor Bootcamp	Total Body Conditioning	Pilates Mat		
6:00 p.m.				Outdoor Zumba			
6:45 p.m.		Total Body Conditioning	Group Cycle		Group Cycle		
7:00 p.m.		Flow Yoga		Gentle Yoga			
7:30 p.m.							

# Valley Health *LifeStyles* Group Fitness Class Descriptions

***Aqua Intervals:*** This class will challenge you with intervals of strength and cardio drills in the pool. Water equipment may be used to give you a great workout that is easy on the joints.

***Bootcamp:*** A fusion of callisthenic, bodyweight, plyometric, and resistance based exercises designed to blast calories and help you reach your goals. Bootcamp will emphasize proper form and progression for all exercises, while challenging your body through a series of intervals and circuits. If you want to see results, Bootcamp is for YOU! All fitness levels welcome!

***Chair Yoga:*** This class is a gentle form of yoga utilizing a chair for support. Chair yoga allows greater flexibility and joint mobility while learning many yoga postures, breathing, and relaxation techniques found in a traditional yoga class. Great for beginners or anyone wishing to strengthen their body AND mind!

***Flow Yoga:*** Students will build strength, flexibility, and concentration in a flowing practice that integrates both the body and mind. This class will incorporate both the dynamic style of Hatha yoga and also Vinyasa yoga which translates to “flow with breath”. Come relax and restore in a class that will synchronize breath with movement.

***Gentle Yoga:*** Traditional yoga poses are modified and restorative in nature with the emphasis on a slower pace. Still designed to calm the spirit, focus the mind, and challenge your body. This class addresses strength, flexibility, balance, mindfulness and is designed for all ages and physical abilities.

***Group Cycle:*** Start pedaling and let go as your instructor takes you on a ride through intervals of various terrains. You are in control of the bike’s resistance, making this non-impact class a great way to improve cardiovascular endurance for everyone.

***Pilates Mat:*** Pilates Mat is a series of exercises, which focuses on the “powerhouse” or core to develop strength, increase flexibility, improve posture and balance, as well as align the body and mind.

***Total Body Conditioning:*** This fun and challenging total body workout will test your own personal level of strength and endurance. This class will constantly keep your body guessing by switching up exercises using a combination of weights, body bars, resistance bands, balls, steps and other equipment. Exercises can be modified to accommodate any fitness level.

***Walk and Tone:*** Walking is the most simple form of working out! This low impact class will incorporate segments of walking and light weights to strengthen your heart, muscles, and bones!

***Yoga Sculpt:*** Grab some weights and join us for our dynamic fusion style class. You will get your heart rate up in this interval-training style class that incorporates yoga and sculpting exercises to tone muscles and build strength.

***Zumba:*** This dance fitness craze is inspired by Latin and international rhythms. No prior dance experience is necessary for this high energy and easy to follow workout. Ditch your traditional workout and join the party!

## **Group Exercise Etiquette:**

- ◆ Classes are subject to change. Please check the front desk for updates.
- ◆ All classes will be 45 minutes in length.
- ◆ Due to physical distancing requirements all group fitness classes will be held in the gymnasium, the conference center , or outdoors until further notice.
- ◆ Class sizes will be limited for the health and safety of all participants.
- ◆ Please check the class schedule to see which classes may require advanced registration.
- ◆ Please bring your own mat, towel, and water bottle to class as current guidelines state that we cannot provide mats, towels, or props such as yoga blocks, straps, etc.
- ◆ Arrive early and let your instructor know if you are new to a group fitness class or if you have any injuries or limitations prior to your workout.
- ◆ In order to prevent injury, please do not enter a class in progress after the warm-up has been completed or leave before properly cooling down.
- ◆ Appropriate athletic wear is required. Proper closed athletic shoes are required for all classes EXCEPT mind/body and aqua classes.