

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 a.m.		Group Cycle		Group Cycle		Group Cycle	
6:00 a.m.			Total Body Conditioning	Flow Yoga *CLASS ADDED*	Total Body Conditioning		
8:00 a.m.	Group Cycle * @ 8:15 *		Walk and Tone *CLASS ADDED*		Bar-less Barre *NEW CLASS*		Total Body Conditioning
9:00 a.m.			Cycle, Arms, & Abs		Group Cycle		Group Cycle
9:00 a.m.	Bootcamp	Bootcamp	Hydro Rx	Interval Fusion	Hydro Rx	Zumba	Zumba
9:30 a.m.	Flow Yoga				Core 30		
10:00 a.m.		Pilates Mat	Gentle Yoga	Pilates Mat	Gentle Yoga	Walk and Tone	Flow Yoga
10:00 a.m.	Aqua Intervals	Aqua Intervals		Aqua Intervals			
10:30 a.m.							Hydro Rx
11:00 a.m.	Zumba Gold * @ 11:15 *					Chair Yoga	
12:00 p.m.		Chair Yoga		Chair Yoga			
5:30 p.m.		Total Body Conditioning	Bootcamp	Total Body Conditioning	Pilates Mat		
6:30 p.m.		Group Cycle		Group Cycle	Aqua Intervals	Restorative Yoga *3rd Fri. Monthly*	
6:30 p.m.			Zumba		Zumba		
7:00 p.m.		Flow Yoga	Core 30	Gentle Yoga			
7:30 p.m.			Aqua Bootcamp *NEW CLASS*		Total Body Conditioning		

# Valley Health *LifeStyles* Group Fitness Class Descriptions

**Aqua Bootcamp:** This fun and energizing workout will include high intensity cardio and functional strength training focusing on cardiovascular endurance, strength, and core stability. This class will also feature an extended cool-down focusing on stretching and relaxation to wind down. No swimming skills are necessary to participate.

**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.

**Bar-less Barre:** Join us for an fun take on the fitness barre trend only without the bar and focusing on toning, strengthening, and lengthening all muscle groups! This workout will be an infusion of pilates, yoga, strength, and flexibility training choreographed to music. This total body workout is designed to sculpt the entire body. All fitness levels welcome.

**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!

**Core 30:** A strong core is the foundation to every fitness program. Join us for this 30 minute class specifically designed to challenge your core strength and stability.

**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. (Class time: 45 minutes)

**Group Cycle, Arms, and Abs:** This class will combine all the elements of our traditional cycle class followed by ten minutes of strength and toning exercises for the arms and abdominals.

**Hydro Rx:** This class will use the properties of water resistance to get in shape while minimizing impact on the joints. Hydro Rx is designed to improve strength, endurance, flexibility and mobility. Classes may incorporate yoga or tai-chi as part of a relaxing cool-down. A great fit for all including beginners, seniors and those looking for a low-impact workout option!

**Interval Fusion:** Come join us for our unique twist on interval training! This class will combine blocks of aerobic conditioning as well as periods of strength and endurance exercises. Our intervals will help build cardiovascular health, boost your metabolism, and burn calories. Class format will vary so expect the unexpected! All fitness levels welcome!

**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.

**Restorative Yoga:** Revitalize, renew, and distress with our 75 minute restorative practice on the 3rd Friday of each month. The use of props will slow down and open up the body while promoting deep healing on many levels.

**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!

**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!

**Zumba Gold:** Come join us for a traditional Zumba class with modifications! The design of this class follows easy to introduce choreography while focusing on balance, range of motion, and coordination. Come ready to sweat and leave feeling empowered and strong!

## **Group Exercise Etiquette:**

- ◆ Classes are subject to change. Please check the front desk for updates.
- ◆ Class Sizes may be limited for the safety of all participants.
- ◆ Please check the class schedule to see which classes may require advanced registration.
- ◆ 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.