





GROUP EXERCISE SCHEDULE

July 1-September 29, 2024

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

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	Saturday	Sunday
5:30am	Cycling (B) Pam	BODYPUMP™ (A) Stephanie	Cycling (B) Pam	BODYPUMP™ (A) Stephanie	Cycling (B) Pam	8am Mindful Yoga (A) Mandy	
8:00am	Aqua Boot Camp (P) Kelly (45 min)		Aqua Boot Camp (P) Kelly (45 min)		Aqua Boot Camp (P) Sue (45 min)	9am Water Workout (P) Sue (45 min)	
9:00am	Step Blast (A) Adele	Water Workout (P) Sue (45 min)		Water Workout (P) Rotation (45 min)	Anything Goes Cardio (A) Krista	9:30am BODYPUMP™ (A) Pam	
9:15am	Water Workout (P) Kristin (45 min)	STRENGTH! (A) Krista	Water Workout (P) Kristin (45 min)	Cycling Express (B) Krista (45 min)	Water Workout (P) Sue (45 min)	10am Zumba® (B) Yliana (45 min)	
9:30pm			Cardio, Core & More (A) Tenille	Interval Challenge (A) Tenille (45 min)		11am Pilates Mat (A) Kate	
10:00am	Power Water (L) Don (45 min)	Water Yoga (P) Sue (45 min)	Power Water (L) Don (45 min)	Water Yoga (P) Kelly (45 min)	Power Water (L) Don (45 min)		9am BODYPUMP™ (A) Stephanie
	Cycling Express (B) Christina (45 min)		Cycling Express (B) Christina (45 min)				9:30am Aqua Zumba® (P) Yliana (45 min)
10:15am	Dance Fitness (A) Lisa						10:30am Mindful Yoga (A) Carolina (75 min)
10:30am	Arthritis Water Workout (P) Kristin (45min)	Barre (B) Catherine	Qigong (A) Lyle	Barre (B) Catherine			
		Interval Challenge (A) Tenille (45 min)	Arthritis Water Workout (P) Sue (45min)	Pilates & More (A) Tenille (45 min)	Arthritis Water Workout (P) Kelly (45min)		
11:15am		Power Arthritis (P) Kelly (45 min)	TRX® Circuits (B) Kelly	Arthritis Water Workout (P) Jann (45 min)	TRX® Circuits (B) Don		
11:30am	Pilates & More (A) Pauline	Dance Fitness (A) Adele			Pilates & More (A) Betsy		
11:45am							
1:30pm	EZ Movers (A) Krista	Chair Centered Yoga (A) Mari	EZ Movers (A) Adele	Chair Centered 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) Krista	Mindful Yoga (A) Christina			
		Barre (B) Krista (45 min)					
5:30pm	Pilates Mat (A) Kate (45 min)	Cycling Express (B) Krista (45 min)	Total Body Bootcamp (A) Krista	Cycling Express (B) Penny (45 min)	Candlelight Yoga (A) Rotation		
		Aqua Kickboxing (P) Andre'a (45 min)	Water Yoga (P) Andre'a (45 min)	Water Workout (P) Andre'a (45 min)	Water Volleyball (P) (90 min)		
5:45pm		BODYPUMP™ (A) Pam		BODYPUMP™ (A) Pam			
6:30pm	Yin Yoga (A) Christina	Foam Roll & Stretch (B) Krista		Gentle Yoga (B) Mandy			
6:45pm			Yoga (A) Krista				

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 & 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 for updates.



AQUATICS

Arthritis Water Workout Gentle water aerobics that uses basic range of motion and strength exercises.

Power Arthritis A cardio based Arthritis workout that focuses on water walking and constant movement.

Water Yoga Enjoy the benefits of yoga in the warmth of the therapy pool.

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.

Gentle Yoga A gentle style of yoga with a slower pace and less intense poses.

Stretch, Balance & Breathe Simple stretches designed to help restore flexibility and reduce stiffness in joints. Practice balance and breathing exercises, working toward preventing falls and improving posture.

MIND BODY

Candlelight Yoga The stress of a busy week will melt away as you enter a darkened room filled with illuminating candlelight and soothing music. You'll make your way through a slow-moving flow, helping your body and mind to unwind. Bring on the weekend!

Chair Centered Yoga A yoga practice using chairs to make postures more accessible to all levels. Focus on breath with seated and standing yoga poses.

Qigong 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 Kickboxing This cardio intensive workout of kicks, punches and core strength moves to mix up your routine.

Aqua Volleyball Come for 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 water 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 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 reps. You will be coached through scientifically-proven moves & techniques using cutting-edge choreography set to chart-topping music.

Cardio, Core & More Target your cardiovascular system and strengthen your core with this full body workout. This dynamic class combines cardio, core and strength exercises to help you achieve your fitness goals efficiently.

Dance Fitness 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.

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.

Cycling Express All the fun and work of cycling in a condensed 45-minute format.

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. 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, etc.). Explore the principles of Pilates by using equipment and variations to take basic mat exercises to a new level.

Yin Yoga A class taught primarily on the floor using props to assist in deep release of the connective tissues. Poses are held 2-5 minutes with emphasis on deep breathing to facilitate complete release.

Yoga Traditional, moderately-paced meditative practice that focuses on proper breathing, flexibility, strength, & vitality in body while calming the mind. Establish the basics with options for variations to offer a challenge as well.

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.

Total Body Bootcamp This class incorporates various equipment, movements and more to keep things fresh and offers a blend of cardio and strength training. Sometimes includes running.

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 1st 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.

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.