Valley Health *LifeStyles*

Group Exercise Schedule: November - December 2026

Valley Health System

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 a.m.		Group Cycle	Total Body Conditioning	Group Cycle	Total Body Conditioning	Group Cycle	
7:30 a.m.		Total Body Conditioning		Bootcamp	Walk and Tone	Total Body Conditioning	
8:00 a.m.			Walk and Tone				Bootcamp
8:00 a.m.			Bar-less Barre	Bar-less Barre			Gentle Yoga
9:00 a.m.			Total Body Conditioning			Walk and Tone	
9:00 a.m.	Flow Yoga	Walk and Tone	Gentle Yoga	Yoga Sculpt	Total Body Conditioning	Bar-less Barre	Cardio Kickboxing
9:00 a.m.	Total Body Conditioning	Pilates Mat	Group Cycle	Total Body Conditioning	Pilates Mat	Group Cycle	Group Cycle
10:00 a.m.	Flow Yoga	Gentle Yoga	Gentle Yoga	Gentle Yoga	Gentle Yoga		Flow Yoga
10:00 a.m.	Group Cycle		Aqua Intervals	Aqua Intervals	Aqua Intervals	Zumba	Zumba
10:00 a.m.				Walk and Tone			
11:00 a.m.	Restorative Yoga	Chair Zumba	Flow Yoga	Chair Yoga	Stretch & Strap	Chair Yoga Sculpt	Aqua Zumba
12:00 p.m.		Chair Yoga	Chair Zumba	Chair Yoga		Chair Yoga	
4:30 p.m.				Zumba Toning			
5:00 p.m.		Bar-less Barre		Pilates Mat			
5:30 p.m.		Group Cycle	Bootcamp	Total Body Conditioning	Pilates Mat		
5:30 p.m.		Zumba			Zumba	Gentle Yoga	
6:00 p.m.		Yoga Sculpt		Flow Yoga	Group Cycle		
6:30 p.m.		Total Body Conditioning	Zumba	Aqua Zumba	Flow Yoga		
7:00 p.m.		Flow Yoga					

Class	Description
Aqua Intervals	This class will challenge you with intervals of strength and cardio drills in the pool. Water equipment may be used for a workout that is easy on the joints.
Aqua Zumba	Combines Zumba rhythms and dance steps with a pool workout for a fun, challenging, water-based, body-toning workout.
Bar-less Barre	A barre-inspired class using a chair for support, combining Pilates, yoga, strength and flexibility training to tone, strengthen and lengthen muscle groups.
Bootcamp	A fusion of calisthenic, bodyweight, plyometric and resistance-based exercises using intervals and circuits, with emphasis on form and progression. All fitness levels welcome.
Cardio Kickboxing	A high-energy class combining simple martial arts techniques and fast-paced cardio moves for beginners and experienced participants.
Chair Yoga	A gentle form of yoga using a chair for support to promote flexibility and joint mobility while practicing postures, breathing and relaxation techniques.
Chair Yoga Sculpt	Gentle chair-supported yoga combined with weights and props to tone muscles and build strength, concluding with breath work and relaxation.
Chair Zumba	Easy-to-follow Zumba choreography adapted for chair exercise in a high-energy, fun and friendly format.
Flow Yoga	A flowing practice integrating body and mind, incorporating Hatha and Vinyasa styles while synchronizing breath with movement.
Gentle Yoga	Modified and restorative traditional yoga poses at a slower pace, addressing strength, flexibility, balance and mindfulness for varied ages and abilities.
Group Cycle	Instructor-led cycling through intervals and varied terrains. Participants control bike resistance in this non-impact cardiovascular class.
Pilates Mat	Mat exercises focused on the core to develop strength, flexibility, posture, balance and body-mind alignment.
Restorative Yoga	A 45-minute restorative practice using props to slow down and open the body. Participants are encouraged to bring a bolster or blanket and an eye patch if possible.
Stretch & Strap	A full-body class developing strength, flexibility, coordination and muscle balance, using stretch straps to deepen stretches and increase joint range of motion.
Total Body Conditioning	A total-body strength and endurance workout using weights, body bars, resistance bands, balls, steps and other equipment, with modifications available.
Walk and Tone	Low-impact cardio segments combined with light weights and other equipment to strengthen the heart, muscles and bones.
Yoga Sculpt	A dynamic interval-style fusion of yoga and sculpting exercises using weights to raise heart rate, tone muscles and build strength.
Zumba	Dance fitness inspired by Latin and international rhythms. No prior dance experience is necessary.
Zumba Toning	A dance fitness class combining Latin dance rhythms with light resistance training using Zumba Toning Sticks.
Group Exercise Etiquette	Classes require advanced registration via our LifeStyles TechnoGym app. Please do not enter more than 15 minutes before the class to set up for class or claim a spot. In order to prevent injury, please do not enter class in progress after the warm up period has been completed or leave before properly cooling down.