

| 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 | Walk and Tone           | Bootcamp                | Walk and Tone           | Total Body Conditioning |                   |
| 8:00 a.m.  |                         |                         |                         |                         |                         |                         | Bootcamp          |
| 8:00 a.m.  |                         |                         | Bar-less Barre          | Bar-less Barre          |                         |                         | Gentle Yoga       |
| 9:00 a.m.  |                         |                         | Walk & Tone             |                         |                         | Walk and Tone           |                   |
| 9:00 a.m.  | Flow Yoga               |                         | Gentle Yoga             | Gentle Yoga             | Total Body Conditioning | Bar-less Barre          | Cardio Kickboxing |
| 9:00 a.m.  | Total Body Conditioning |                         | Group Cycle             | Total Body Conditioning | Group Cycle             | Group Cycle             | Group Cycle       |
| 10:00 a.m. | Flow Yoga               | Pilates Mat             | Gentle Yoga             | Yoga Sculpt             | Gentle Yoga             | Gentle Yoga             | Flow Yoga         |
| 10:00 a.m. | Group Cycle             | Walk and Tone           | 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                   |                         |                         |                         |                   |
| 6:30 p.m.  |                         | Aqua Zumba              |                         |                         | Yoga Sculpt             |                         |                   |
| 7:00 p.m.  |                         | Flow Yoga               |                         |                         |                         |                         |                   |

## 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.

**Aqua Zumba:** Aqua Zumba combines Zumba rhythms and dance steps with a pool workout that turns into a party. It offers a fun but challenging, water-based, body-toning workout.

**Bar-less Barre:** Join us for a fun take on the fitness barre trend only without the bar and using a chair for support. This class will focus on toning, strengthening, and lengthening of all the muscle groups, and is a fusion of Pilates, yoga, strength, and flexibility training choreographed to music. This total body workout is designed to sculpt the entire body.

**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!

**Cardio Kickboxing:** This high-energy class combines simple martial arts techniques and fast-paced cardio moves. This high-energy workout is great if you are new to kickboxing, but will also challenge those who have taken cardio kickboxing before!

**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!

**Chair Yoga Sculpt:** This class combines gentle yoga utilizing a chair for support with weights and other props to help tone muscles and build strength. The class concludes with breathe work and relaxation techniques found in a traditional yoga class. Great for beginners or anyone wishing to strengthen their body AND mind!

**Chair Zumba:** Chair Zumba introduces easy-to-follow Zumba choreography that has been brilliantly adapted for chair exercise. This class is a high-energy, fun, joyful, and friendly fitness class for anyone who wants to exercise sitting down.

**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 that focus on the core to develop strength, increase flexibility, improve posture and balance, as well as align the body and mind.

**Stretch & Strap:** This class will work on developing strength, flexibility, coordination, and muscle balance while challenging your body and mind. The use of stretch straps will be incorporated to safely deepen the stretch and work towards increasing range of motion of the joints. Join us as the instructor skillfully guides you through a full body experience.

**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.

**Restorative Yoga:** Revitalize, renew, and distress with our 45 minute restorative practice. The use of props will slow down and open up the body while promoting deep healing on many levels. Please bring a bolster or blanket along with an eye patch to class if possible!

**Walk and Tone:** This class will incorporate segments of low impact cardio, light weights, and other equipment 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!

**Zumba Toning:** Zumba Toning is a dance fitness class that combines 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 class to set up for a class or claim a spot.
- ◆ 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.