



December Class Schedule

Members: All Classes FREE Nonmembers: \$5 per class Class descriptions are on reverse side

1195 Hisey Ave., Woodstock
540-459-1387

HOURS

Mon.-Thurs: 5:30am-7pm
Friday: 5:30am-6pm
Saturday: 8am-2pm
Sunday: Closed

CLASS CANCELLATIONS & ADJUSTMENTS

Pilates canceled 12/7

HIIT canceled 12/23

No classes 12/24

**HAPPY
HOLIDAYS!**

***Class Instructors subject to
change w/ substitutes*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. Yoga 8-8:50am w/ Seung Hee	Cycling 8-8:30am w/ Kate (Upstairs Studio)	Beginner Yoga 8-8:50am w/ Seung Hee	Cycling 8-8:30am w/ Kate (Upstairs Studio)	A.M. Yoga 8-8:50am w/ Seung Hee
Total Body Fitness 9-9:50am w/ Meridith		Total Body Fitness 9-9:50am w/ Meridith		Total Body Fitness 9-9:50am w/ Jen
Chair Yoga 9-9:45am w/ Seung Hee (Upstairs Studio)		Chair Yoga 9-9:45am w/ Seung Hee (Upstairs Studio)		
Seated Strength & Flexibility 10-10:50am w/ Randy	Seated Leg Strength 10-10:50am w/ Randy	Seated Strength & Flexibility 10-10:50am w/ Randy	Bodies in Balance 10:00-10:50am w/ Randy	Seated Strength & Flexibility 10-10:50am w/ Randy
Seated Strength & Flexibility 11-11:50am w/ Randy		Seated Strength & Flexibility 11-11:50am w/ Randy	Kidz Fitness 12:00pm-12:30pm (Main Studio) w/ Haley	Seated Strength & Flexibility 11-11:50am w/ Randy
	TRX 12-12:30p (Lower Studio) w/ Randy		TRX 12-12:30p (Lower Studio) w/ Randy	
	Qi Gong 5:15pm-5:45pm (Lower Studio) w/ Haley		Qi Gong 5:15pm-5:45pm (Lower Studio) w/ Haley	
Kettlebell, Cardio & Core 5:30-6:30pm w/ Diane	Pilates 5:15-6:00pm w/ Diane		HIIT Bootcamp/Circuit 5:30-6:30pm w/ Diane	
	Tai Chi for Joint Pain 6p-6:45p (Lower Studio) w/ Haley	Beginner Yoga 5:30-6:30pm w/ Seung Hee	Tai Chi for Joint Pain 6p-6:45p (Lower Studio) w/ Haley	

<p>BEGINNER YOGA: Designed for those who are new to yoga practice. Each class incorporates postures, deep relaxation, breathing practice and meditation. Modifications will be made as needed based on participant's physical limitations. Benefits: Increased strength and flexibility and improved respiration, energy, and vitality. Level: All</p>	<p>BODIES IN BALANCE: This class covers a variety of exercises designed to improve muscular strength, balance, agility, and range of motion. Level: Intermediate</p> <p>CYCLING: A high energy, heart-pounding cycling workout that uses a mixture of endurance and interval drills to burn calories, improve cardiovascular health, and tone muscles. Level: Intermediate</p>	<p>CHAIR YOGA: Chair Yoga is a great alternative for those who are unable to participate in a traditional yoga class due to less mobility or who spend most of their time in a chair at work. Practicing Chair Yoga includes performing postures sitting on a chair or standing using a chair for support. This class will help loosen and stretch muscles, build strength and balance, reduce stress and anxiety, and improve circulation. Both those who are new to Yoga or have a regular Yoga practice are welcomed. Level: All</p>	<p>YOGA: Designed for a broad spectrum of students. Each class incorporates postures, deep relaxation, breathing practice and meditation. Modifications can be made as needed. Benefits: Help you maintain your natural condition: a body of optimum health, strength and flexibility; senses under total control, a mind well disciplined, clear and calm, a life filled with peace and joy. Level: All</p>		<p>TRX: TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility, and core stability simultaneously. It requires the use of the TRX suspension trainer, a performance-training tool that leverages gravity and the user's body weight to complete the exercises. Level: Intermediate to Advanced</p>
<p>KB/CARDIO/CORE: Incorporates the use of kettle bells and hand weights combined with cardio and ab work with focus on alignment, posture and form. Level: Intermediate to Advanced</p>	<p>SEATED LEG STRENGTH CLASS: Come join Randy in a totally seated leg strength class that totally focuses on leg stabilizer muscles to strengthen them for everyday task such as simply walking. This class is for those who have problems with</p>	<p>HIIT BOOTCAMP/CIRCUIT: Uses high intensity & Tabata interval training as well as boot camp style & circuit workouts. These classes incorporate kettle bells, hand weights, jump ropes, stability balls and medicine balls. Level: Advanced</p>	<p>TOTAL BODY FITNESS: A head to toe workout that is fun, challenging, and always changing. We mix cardio and toning exercises utilizing a variety of equipment such as dumbbells,</p>	<p>QI GONG: A form of gentle exercise and meditation. We will be breathing while performing repeated fluid movements to stretch and strengthen the body. Benefits include reducing stress and anxiety while increasing flexibility, energy, and balance. Level: Beginner</p>	<p>TAI CHI FOR JOINT PAIN: Focuses on simple gentle movements to improve flexibility, strength, and balance. Practice breathing techniques and core Tai Chi moves as well as segments of forms. Level: Beginner</p>
<p>SEATED STRENGTH AND FLEXIBILITY: A class designed for all ages that focuses on improving your ability to perform activities of daily living by increasing functional strength and mobility. Level: Beginner to Intermediate</p>	<p>simply walking, getting around your home, getting in and out of vehicles, constant dull aches and pains. This class is about 35 minutes of mild exercises and a 5-10 minute stretch at the end. Level: Intermediate</p>	<p>PILATES: Improves flexibility, builds strength, and develops control and endurance in the entire body. This class puts emphasis on alignment, breathing, developing a strong core and improving coordination and balance. Level: Intermediate to Advanced</p>	<p>resistance bands, medicine balls and physio balls. Be prepared to have fun and make new friends while getting an amazing workout. Level: Intermediate to Advanced</p>	<p></p>	<p>KIDZ FITNESS: Ages 3-7 Kids learn fitness through fun high energy group exercises and activities. We have fun getting our heart rates up and moving our bodies while learning about healthy eating habits. Level: Beginner</p>

