



Wellness & Fitness

# September Class Schedule

Nonmembers: \$7 per Class

Class descriptions are on the reverse side

1195 Hisey Avenue,  
Woodstock  
540-459-1387

Mon Tue Wed Thu Fri

Time	Mon	Tue	Wed	Thu	Fri
8:00 AM	A.M. Yoga 8-8:50am w/ Seung Hee		A.M. Yoga 8-8:50am w/ Seung Hee		A.M. Yoga 8-8:50am w/ Seung Hee
9:00 AM	Total Body Fitness 9-9:50am w/ Meridith		Total Body Fitness 9-9:50am w/ Meridith		Total Body Fitness 9-9:50am w/ Jen
9:00AM	Chair Yoga 9-9:45am w/ Seung Hee (Upstairs Studio)		Chair Yoga 9-9:45am w/ Seung Hee (Upstairs Studio)		Stretching, Breathing, & Centering 9-9:45am w/ Seung Hee (Upstairs Studio)
10:00 AM	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	Bodies in Balance 10:00-10:50am w/ Randy	Seated Strength & Flexibility 10-10:50am w/ Randy
11:00 AM	Seated Strength & Flexibility 11-11:50am w/ Randy		Seated Strength & Flexibility 11-11:50am w/ Randy	Tai Chi for Joint Pain 11a-11:50a (Lower Studio) w/ Haley	Seated Strength & Flexibility 11-11:50am w/ Randy
12:00 PM	Walk it Off 12-12:30pm w/ Haley	TRX 12-12:30p w/ Randy (Lower Studio)		TRX 12-12:30p w/ Randy (Lower Studio)	
12:30 PM	Standing Abs 12:30-1pm w/ Haley				
5:00 PM					
5:15 PM		Pilates 5:15-6:00pm w/ Diane			
5:30 PM	Cardio/Strength 5:30-6:30pm w/ Diane	High Velocity 5:30-6:30pm w/ Randy (The Pit)	Beginner Yoga 5:30-6:30pm w/ Seung Hee	Interval Fitness 5:30-6:30pm w/ Diane	
6:00 PM					
			Tai Chi for Joint Pain 6p-6:45p (Lower Studio) w/ Haley		

**\*\*Class Cancellations & Adjustments\*\***

8/22-9/8: Walk it off, Standing Abs, & Tai chi canceled

9/5 - CLOSED FOR LABOR DAY

9/7 - TBF canceled, resume on 9/9

9/12- Cardio/Strength canceled

9/13 - Pilates canceled

9/15 - Interval Fitness canceled

9/21- A.M. Yoga and Chair Yoga canceled, P.M. Yoga still held

9/30 - Seated classes canceled

Class Instructors subject to change w/ substitutes

<p><b>BEGINNER YOGA:</b> 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. <b>Benefits:</b> Increased strength and flexibility and improved respiration, energy, and vitality. <b>Level: All</b></p>	<p><b>BODIES IN BALANCE:</b> This class covers a variety of exercises designed to improve muscular strength, balance, agility, and range of motion. <b>Level: Intermediate</b></p>	<p><b>CHAIR YOGA:</b> 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. <b>Level: All</b></p>	<p><b>YOGA:</b> Designed for a broad spectrum of students. Each class incorporates postures, deep relaxation, breathing practice and meditation. Modifications can be made as needed. <b>Benefits:</b> 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. <b>Level: All</b></p>		<p><b>TRX:</b> 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. <b>Level: Intermediate to Advanced</b></p>
<p><b>STANDING ABS:</b> Great alternative core workout to anyone who has a hard time getting to the floor. All ab workouts can be done standing or seated. <b>Level: All</b></p>	<p><b>CARDIO/STRENGTH:</b> Incorporates the use of kettle bells and hand weights combined with cardio and ab work with focus on alignment, posture and form. <b>Level: Intermediate to Advanced</b></p>	<p><b>INTERVAL FITNESS:</b> Uses high intensity &amp; Tabata interval training as well as boot camp style &amp; circuit workouts. These classes incorporate kettle bells, hand weights, jump ropes, stability balls and medicine balls. <b>Level: Advanced</b></p>	<p><b>TOTAL BODY FITNESS:</b> 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, resistance bands, medicine balls and physio balls. Be prepared to have fun and make new friends while getting an amazing workout. <b>Level: Intermediate to Advanced</b></p>	<p><b>WALK IT OFF:</b> Get the equivalent of 2-3 mile walk in each 30 min class by doing in place walking exercises and having fun jamming to good music! <b>Level: Beginner</b></p>	<p><b>TAI CHI FOR JOINT PAIN:</b> 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. <b>Level: Beginner</b></p>
<p><b>STRETCHING, BREATHING, &amp; CENTERING:</b> Designed for those who need to develop physical flexibility and strength, deeply relax, and restore both body and mind. <b>Level: All</b></p>	<p><b>HIGH VELOCITY:</b> If you're looking for a high intensity class, look no further! This class is based on circuit/interval training to increase muscular strength and endurance. Monthly fee includes a customized workout of the day for you to complete to help you progress your training. <b>Level: Intermediate to Advanced</b></p>	<p><b>PILATES:</b> 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. <b>Level: Intermediate to Advanced</b></p>			
<p><b>SEATED STRENGTH AND FLEXIBILITY:</b> A class designed for all ages that focuses on improving your ability to perform activities of daily living by increasing functional strength and mobility. <b>Level: Beginner to Intermediate</b></p>					