

VALLEY HEALTH PHYSICAL REHABILITATION & FITNESS GROUP EXERCISE CLASSES - November 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
9-9:30AM EZ Movers (Kelsey) 9:45-10:15AM EZ Movers (Kelsey) 10:30-11AM ZUMBA (René)	4:30-5PM Virtual ABC via Facebook (Kelsey)	9-9:30AM EZ Movers (Kelsey) 9:45-10:15AM EZ Movers (Kelsey) 10:30-11AM ZUMBA (René)		9-9:30AM EZ Movers (Kelsey) 9:45-10:15AM EZ Movers (Kelsey) 10:30-11AM ZUMBA (René)	
8	9	10	11	12	13
9-9:30AM EZ Movers (Kelsey) 9:45-10:15AM EZ Movers (Kelsey) 10:30-11AM ZUMBA (René)	4:30-5PM Virtual Cardio Kickboxing via Facebook (René)	9-9:30AM EZ Movers (Kelsey) 9:45-10:15AM EZ Movers (Kelsey) 10:30-11AM ZUMBA (René)		9-9:30AM EZ Movers (Kelsey) 9:45-10:15AM EZ Movers (Kelsey) 10:30-11AM ZUMBA (René)	
15	16	17	18	19	20
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22	23	24	25	26	27
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29	30				
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3774 Valley Road Berkeley Springs, WV 25411 | 304-258-8377

Class Descriptions:

ABC (Arms, Butt, and Core) Express: This is a 30-minute full body workout targeting your arms, butt, and core. This class will challenge your muscular endurance and strength. This class will involve floor work as well as using free weights, stability balls, and other strength training equipment. This is a virtual class via Facebook.

Cardio Kickboxing: This class incorporates the moves of a kickboxer's training. This is 30 minute class that involves a warm up, punches and arm exercises, cardio intervals, kicks and lower body exercises and a cool down. This is a virtual class via Facebook.

EZ Movers: This low-impact group fitness class focuses on increasing muscle strength, muscle endurance, flexibility, balance, and core strength. This class uses light weights and resistance bands. The exercises may be performed standing or seated in a chair. Class Capacity: 6

ZUMBA®: An energizing dance fitness class featuring Latin and International music. Exercise in disguise! You'll burn lots of calories and have a great time doing it! Class Capacity: 6

Note: Class participation is on a first come, first served basis.

Mask Policy: If participants are vaccinated (honor system), are actively exercising, and maintaining social distancing, they do not need to wear a mask during group exercise classes.