

# Group Fitness Classes

## IN FRONT ROYAL

Everyone has their own fitness goals, but that doesn't mean you are on your own. Warren Memorial Hospital Fitness Services offers a range of classes to help you achieve your fitness goals. Pick the classes that are right for you and let's achieve those goals together!

### FITNESS CLASSES

**Bodies in Balance:** Improves balance, coordination, stability, and core strength. Features chair exercises, standing exercises with support, strength training, cardio endurance and flexibility.

*Level: beginner/limited mobility*

*Mon., Thur. & Fri., 11:00-11:45 a.m.*

**Functional Movement:** Combines low-impact, low-intensity exercises to improve mobility and flexibility, strength training, and cardio endurance.

*Level: beginner/intermediate*

*Tue., Wed. & Fri., 9:30-10:15 a.m.*

**Morning Stretch:** Includes yoga-like moves, both on the mat and standing, and light cardio to get muscles warmed up--the perfect start to a healthy and pain-free day!

*Level: beginner/intermediate*

*Mon., Wed., Fri. & Sat., 8:00-8:45 a.m.*

**Tighten & Tone** A faster-paced cardio and resistance class to burn fat and increase muscular strength and endurance!

*Level: intermediate/advanced*

*Tue. & Thur., 1:00-2:00 p.m., Sat., 9:30-10:30 a.m.*

### WELLNESS/ACCOUNTABILITY CLASSES

**Accountability Class:** A judgement-free support group where participants discuss and set realistic goals, and identify concrete ways to achieve them.

*First and third Mondays, 9:30-10:00 a.m.*

**Everyday Health:** A hybrid class using both the classroom and studio. A new health topic is covered each week, focusing on practical ways to incorporate healthy habits into a busy life. May include light workouts or demonstrations in the studio.

*Tue. and Thur., 7:00-7:30 a.m.*

### SPECIALTY GROUPS

**Healthy Hearts:** A light resistance/low intensity chair-based exercise class for recovering cardiac patients. Class is held at Warren Memorial Hospital.

*Wed., 11:15-12:00*

**To learn more, visit [valleyhealthlink.com/wmhfitness](http://valleyhealthlink.com/wmhfitness) or call 540-635-0720.**

Warren Memorial Hospital Fitness Services  
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