

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3
				9-9:30AM EZ Movers (Kelsey) 9:45-10:15AM EZ Movers (Kelsey) 10:30-11AM ZUMBA (René)	
5	6	7	8	9	10
9-9:30AM EZ Movers (Kelsey) 9:45-10:15AM EZ Movers (René) 10:30-11AM ZUMBA (René) 5-5:45PM Kickboxing* (René)		9-9:30AM EZ Movers (Kelsey) 9:45-10:15AM EZ Movers (René) 10:30-11AM ZUMBA (René) 5:30-6:15PM Group Cycling* (Kelsey)		9-9:30AM EZ Movers (Kelsey) 9:45-10:15AM EZ Movers (René) 10:30-11AM ZUMBA (René)	
12	13	14	15	16	17
9-9:30AM EZ Movers (Kelsey) 9:45-10:15AM EZ Movers (Kelsey) 10:30-11AM ZUMBA (René) 5-5:45PM ABC* (Kelsey)		9-9:30AM EZ Movers (Kelsey) 9:45-10:15AM EZ Movers (Kelsey) 10:30-11AM ZUMBA (René) 5:30-6:15PM ZUMBA* (René)		9-9:30AM EZ Movers (Kelsey) 9:45-10:15AM EZ Movers (Kelsey) 10:30-11AM ZUMBA (René)	
19	20	21	22	23	24
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26	27	28	29	30	
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3774 Valley Road Berkeley Springs, WV 25411 304-258-8377

Class Descriptions:

ABC (Arms, Butt, and Core): This is a 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. ***Class is held outdoors and will be dependent on the weather.***

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.

Class is held outdoors and will be dependent on the weather.

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

Group Cycling: This organized activity, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting. Class Capacity: 9 ***Class is held outdoors and will be dependent on the weather.***

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 for in-person instruction inside: 6

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

***Evening classes on Mondays and Wednesdays will be held outside and will be dependent on weather.**