

VALLEY HEALTH PHYSICAL REHABILITATION & FITNESS GROUP EXERCISE CLASSES- July 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
					CLOSED Happy Independence Day!
6	7	8	9	10	11
9-9:30AM EZ Movers (Kelsey) 10-10:30AM Stretch & Strength (René)		9-9:30AM EZ Movers (Kelsey) 10-10:30AM Stretch & Strength (René)		9-9:30AM EZ Movers (Kelsey) 10-10:30AM Stretch & Strength (René)	CLOSED
13	14	15	16	17	18
9-9:30AM EZ Movers (Kelsey) 10-10:30AM Stretch & Strength (René)		9-9:30AM EZ Movers (Kelsey) 10-10:30AM Stretch & Strength (René)		9-9:30AM EZ Movers (Kelsey)	CLOSED
20	21	22	23	24	25
9-9:30AM EZ Movers (Kelsey)		9-9:30AM EZ Movers (Kelsey) 10-10:30AM Stretch & Strength (René)		9-9:30AM EZ Movers (Kelsey) 10-10:30AM Stretch & Strength (René)	CLOSED
27	28	29	30	31	
9-9:30AM EZ Movers (Kelsey) 10-10:30AM Stretch & Strength (René)		9-9:30AM EZ Movers (Kelsey) 10-10:30AM Stretch & Strength (René)		9-9:30AM EZ Movers (Kelsey) 10-10:30AM Stretch & Strength (René)	

3774 Valley Road Berkeley Springs, WV 25411

304-258-8377

Class Descriptions:

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

Stretch & Strength: This class is a full body workout that focuses on improving flexibility, decreasing muscle tension, developing overall strength, and improving balance. This class will involve floor work as well as using stability balls and weights. Class Capacity: 6

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