

Effective 3/19



Group Exercise Schedule

STUDIO I

AM	SUN	MON	TUE	WED	THU	FRI	SAT
5:30		BODYPUMP				BODYPUMP	
5:45							
6:00					GRIT STRENGTH		
6:15							
6:30							
8:00							
8:05							BODYPUMP
8:30		ZUMBA	BODYPUMP	POWER PUNCH / BODYATTACK	ZUMBA	BODYPUMP	
9:15							BODYSTEP / TONE
9:30				GRIT STRENGTH			
9:35		BODYSTEP / BODYSTEP A/C	9:45 GRIT CARDIO		BODYPUMP	POWER PUNCH / BODYATTACK	
10:05				BODYSTEP EXPRESS			
10:15							
10:20							CXWORX / GRIT STRENGTH
10:30							
10:45		TONE	YOGA	PEAK	YOGA	PEAK	
11:30							

PM	SUN	MON	TUE	WED	THU	FRI	SAT
12:00							
12:30		PUMP EXPRESS (45 MIN)		PUMP EXPRESS (45 MIN)			
1:05	BODYPUMP						
2:10	CXWORX / GRIT						
2:50	BODYJAM						
3:00							
4:00	YOGA						
4:20		BODYPUMP	TONE	BODYPUMP	TONE	TONE	
5:30		BODYSTEP / BODYSTEP A/C	BODYPUMP	TONE	GRIT STRENGTH	BODYPUMP	
6:05					GRIT CARDIO		
6:20				CXWORX			
6:35		BODYPUMP	BODYJAM			BODYJAM	
6:40					BODYPUMP		

STUDIO II

AM	SUN	MON	TUE	WED	THU	FRI	SAT
5:15				POWER SCULPT / TONE			
6:15							
8:00							
8:15							
8:30		POWER SCULPT	ZUMBA	POWER SCULPT	CXWORX	POWER SCULPT	JAZZERCISE
9:00							
9:30		PILATES / BODYFLOW / POWER YOGA	TONE	BODYFLOW	POWER PLUS	BODYFLOW	POWER SCULPT
10:00							
10:35			10:30 SCULPT				BODYFLOW / POWER YOGA
10:45		CXWORX		CXWORX	BODYSTEP EXPRESS (10:40)	CXWORX	
11:30						STRETCH/YOGA	
11:45							

PM	SUN	MON	TUE	WED	THU	FRI	SAT
12:00			GENTLE YOGA		GENTLE YOGA		
1:10							
2:30							
3:30							
4:30							
5:30			POWER SCULPT		POWER SCULPT		
6:00		JAZZERCISE		JAZZERCISE			
6:30			YOGA		YOGA		
7:00							
7:15							
7:30							

GYMNASIUM (XTREME TRAINING)

AM	SUN	MON	TUE	WED	THU	FRI	SAT
5:15		X-TREME				X-TREME	
9:00							BODYATTACK
PM	SUN	MON	TUE	WED	THU	FRI	SAT
5:30							
6:00							
6:30		X-TREME		X-TREME			

POOLS (AQUA AEROBICS)

AM	SUN	MON	TUE	WED	THU	FRI	SAT
9:00		HYDROPOWER	HYDROPOWER	HYDROPOWER		HYDROPOWER	AQUACISE
10:00		AQUACISE		AQUACISE		AQUACISE	
11:00		A.M.M.	A.M.M.	A.M.M.	A.M.M.	A.M.M.	
11:55		A.M.M.	A.M.M.	A.M.M.		A.M.M.	
PM	SUN	MON	TUE	WED	THU	FRI	SAT
12:00							
6:30		AQUACISE	AQUACISE		AQUACISE		

CYCLE

AM	SUN	MON	TUE	WED	THU	FRI	SAT
5:30			FUSION/ABS		RPM		
8:05							XRPM
8:30		FUSION		FUSION		CYCLE	
9:00	CYCLE						
9:15							CYCLE
9:30						FUSION	
9:40		EASY RIDE		EASY RIDE			
9:45			XRPM		XRPM/XCYCLE		
11:30							
PM	SUN	MON	TUE	WED	THU	FRI	SAT
12:30							
3:00	RPM						
3:30				RPM/CYCLE			
4:15			CYCLE				
5:30		XRPM			XRPM / XCYCLE		
6:00				RPM/CYCLE			
6:30							

The mission of the Carilion Wellness group exercise program is committed to teaching participants of all ages. Our mission is to instruct safe, fun and motivating classes while educating and improving general health, fitness and wellness. We monitor all group exercise classes by the attendance of each class and the feedback we receive from both members and instructors. If any of the classes are not being supported, then that class has a chance of being cancelled or the class format changed. If you have any comments or concerns, please contact our Group Exercise Manager at 992-2993.

CLASS DESCRIPTIONS

AEROBICS PEAK	50 MINUTES
Low impact with low intensity modified for ages 55 and older. Muscle toning and stretching. Recommended for the beginner to intermediate participant.	
POWER PLUS	55 MINUTES
A low impact, high intensity fat-burner class with interval training. Recommended for the intermediate to advanced participant.	
POWER SCULPT	55 MINUTES
A total body, muscle toning class which uses handweights, rubber tubing and steps to tone and tighten the body. Recommended for all fitness levels.	
A.M.M. (AQUA for MOTION and MOBILITY)	45 MINUTES
This is an aquatic program that is specially designed for individuals with arthritis. The instructor will lead participants through a series of exercises that can help improve joint flexibility. Recommended for beginners.	
AQUACISE	50 MINUTES
A complete workout that integrates cardiovascular training, aquatic strength training and flexibility using the water's resistance and equipment. Great for all fitness levels!	
BODYATTACK	55 MINUTES
A high-energy, calorie-consuming athletic workout that will push you past the limit with strong, simple moves and pumping music. This is the most intense workout you'll find in the world of fitness.	
BODYFLOW	55 MINUTES
An exercise program that combines techniques from yoga, tai-chi, and Pilates. A revolution in mind-body training that is changing the way class members feel about their bodies.	
BODYJAM	55 MINUTES
The cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as breaking a sweat.	
BODYPUMP	60 MINUTES
The world's fastest way to get in shape. This group barbell program challenges every major muscle in your body. Designed for all ages and fitness levels. Must be 15 or older to attend.	
BODYSTEP	55 MINUTES
A kick-butt workout with fun and flavor injected throughout. Perfect for those who love to groove a little, and have fun as they work out.	
BODYSTEP ATHLETIC	60 MINUTES
Less frills, more thrills of strong, functional step training. Perfect for those who want a more intense workout with less complexity, but with the same BodyStep power and athleticism for the entire workout. Be prepared to work harder and sweat more!	
CXWORX	30 MINUTES
Based on cutting-edge scientific research, this program is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques and "slings" connecting the upper and lower body, this workout will leave you looking good and feeling strong.	
GENTLE YOGA	30 MINUTES
Thirty minutes of very relaxed yoga.	
GRIT SERIES	30 MINUTES
30-minute set training routines, based on the science of High Intensity Interval Training. Highly charged certified coaches give you one-on-one attention. There are 3 workout styles to deliver the results you need. GRIT Strength: builds strength and lean muscle; GRIT Plyo: builds a powerful, agile, athletic body, and GRIT Cardio: burns fat and rapidly improves athletic capability.	
HYDROPOWER	50 MINUTES
High intensity aquacise class.	

JAZZERCISE **55-60 MINUTES**
A movement oriented class with specific choreography. A total body workout for all fitness levels.

POWER PUNCH **55 MINUTES**
This class combines boxing training techniques such as jump rope, push-ups, abdominal strengthening exercises, kicks and punches, with a scientifically designed interval program. This class is moderate to high impact with moderate to high intensity.

STRETCH/YOGA **50 MINUTES**
A 50-minute class that includes both Yoga, meditation and athletic stretching.

STONE **45 MINUTES**
Full-body cross-training workout that is designed for ALL fitness levels. Cardio exercise, functional strength, core training, mobility and balance. Improves heart/lung fitness, muscle strength/endurance, agility, core stability, and elevates calorie usage and fat-burning range.

XTREME TRAINING **60 MINUTES**
This class is for advanced participants who are ready to take their training to the next level. This athletic training class features sports and agility drills, plyometrics, jumping rope and running.

YOGA **60 MINUTES**
Is a fun activity of breathing, stretching and meditation. This is a mind/body class that incorporates eastern philosophy with western techniques that can produce powerful results. Recommended for all fitness levels.

ZUMBA **60 MINUTES**
A Latin-inspired dance class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness system.

CYCLE CYCLE **45 MINUTES**
Designed to improve all aspects of physical fitness, utilizing the most innovative sports psychology, including guided imagery, visualization and other motivational techniques to prepare both mind and body for ultimate performance. A variety of riders with fitness levels from beginners to advanced. More than just a ride!!

CYCLE/ABS **60 MINUTES**
This class features our 45-minute cycle class followed by an intense 15-minute ab workout in Studio I. This class is alternated with Fusion/Abs every other Tuesday.

EASY RIDE **30 MINUTES**
Similar to our regular cycle program class but designed for those seeking a less intense ride with more options. Music appropriate for all ages.

FUSION **45 MINUTES**
This interval class combines Kranking with a basic indoor cycling class, allowing you to achieve full-body cardiovascular fitness. In one class you will work your entire body, upper and lower, alternating between the cycle and the Krancycle.

FUSION/ABS **60 MINUTES**
This class features our 45-minute fusion class followed by an intense 15-minute ab workout in Studio I. Cardio and core training at its best! This class is alternated with Cycle/Abs every other Tuesday.

RPM **50 MINUTES**
Raw Power and Motion will give you the ride of your life. Controlled resistance and speed will ensure that everyone can "keep up." Get physical and mental results while experiencing the "rock concert on wheels."

CHILDREN'S GROUP EXERCISE

KARATE: For information and/or to register, contact Doug Bleecker at 966-3439.