

Effective 9/3/19



# 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	BODYATTACK	ZUMBA	BODYPUMP	
9:15							BODYSTEP/ TONE
9:30				GRIT STRENGTH		POWER PUNCH	
9:35		BODYSTEP	GRIT CARDIO (9-45)		BODYPUMP		
10:05				BODYSTEP EXPRESS			
10:15							
10:20							CXWORX
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	GRIT STRENGTH						
2:50	BODYJAM						
3:00							
4:00	YOGA						
4:20		BODYPUMP	TONE	BODYPUMP	TONE	TONE	
5:30		BODYSTEP	BODYPUMP	TONE	GRIT STRENGTH	BODYPUMP	
6:05					GRIT CARDIO		
6:20				CXWORX			
6:35		BODYPUMP	YOGA			BODYJAM	
6:40					BODYPUMP		

## STUDIO II

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

PM	SUN	MON	TUE	WED	THU	FRI	SAT
12:00			GENTLE YOGA		GENTLE YOGA		
1:10							
2:15	CXWORX						
3:30							
4:30							
5:30			POWER SCULPT		POWER SCULPT		
6:00		JAZZERCISE		JAZZERCISE			
6:30			BODYJAM (6:35)		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.			
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						CYCLE	
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  
An athletic and uplifting step workout that increases your cardio fitness and conditions your whole body, pushing it into high gear to burn calories and build functional strength.

**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.

**JAZZERISE** 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.

**STEP/SCULPT EXPRESS** 45 MINUTES  
An express format of our BODYSTEP class to burn calories and increase cardio fitness followed by an express version of our POWER SCULPT class to tone muscles and build strength. Get it all in 45 minutes! Recommended for all fitness levels.

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

**TONE** 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** 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 Krankcycle.

**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.