

Effective 12/24/18



# Group Exercise Schedule

## STUDIO A

AM	SUN	MON	TUE	WED	THU	FRI	SAT
5:15			CXWORX		CXWORX		
5:30		BODYPUMP XPRESS (45 MIN)		BODYSTEP		BODYPUMP	
5:45			POWER YOGA		YOGA		
6:15		CXWORX					
8:00				BODYPUMP XPRESS (45 MIN)			BODYSTEP
8:15			BODYSTEP		BODYSTEP	BODYSTEP	
8:30	YOGA	BODYATTACK		8:50 CXWORX			
9:00							BODYPUMP
9:15						BODYJAM	
9:30		TONE	JAZZERCISE	BODYATTACK	POWER SCULPT		
10:15							JAZZERCISE
10:30		BODYFLOW	BODYPUMP		BODYPUMP	BODYPUMP	
11:00							

PM	SUN	MON	TUE	WED	THU	FRI	SAT
12:00	S TAI CHI						
12:15		BODYPUMP				BASIC YOGA	
1:00	S TAI CHI						
2:30	BODYPUMP						
3:00							
4:30		BODYPUMP		BODYPUMP		BODYPUMP	
5:30			BODYPUMP	BODYFLOW	BODYPUMP		
5:35		POWER YOGA					
5:45						ZUMBA	
6:30				ZUMBA			
6:45		BODYPUMP	BODYPUMP		BODYPUMP		
7:00							
7:45							

## STUDIO B

AM	SUN	MON	TUE	WED	THU	FRI	SAT
5:30				PUNCH (45 MIN)		BODYSTEP (45 MIN)	
6:15				CXWORX			
8:00		TONE	SCULPT (45 MIN)	TONE	SCULPT (45 MIN)	TONE	PUNCH
8:30	BODYSTEP						
8:45				PILATES (45 MIN)		PILATES (45 MIN)	
8:50		CXWORX	CXWORX		CXWORX		
9:00							BODYJAM
9:30		PILATES (45 MIN)	POWER SCULPT	TONE	JAZZERCISE		
9:35						PUNCH	
10:00							CXWORX
10:30		PEAK	BODYFLOW	BODYFLOW	BODYFLOW		
10:35						TONE	
10:40							YOGA

PM	SUN	MON	TUE	WED	THU	FRI	SAT
1:00	BODYJAM						
2:00	CXWORX						
2:30	ZUMBA						
3:30	BODYFLOW						
4:00		JAZZERCISE		JAZZERCISE			
4:30			BODYSTEP		YOGA	BODYFLOW	
5:00		BODYATTACK					
5:15							
5:30			PUNCH (45 MIN)	TONE	BODYATTACK	YOGA	
5:45							
6:00		BODYJAM					
6:30					BODYJAM		
7:00		CXWORX		CXWORX			

## GYMNASIUM (XTREME TRAINING)

AM	SUN	MON	TUE	WED	THU	FRI	SAT
5:45			XTREME TRAINING		XTREME TRAINING		
9:30		XTREME TRAINING					
PM	SUN	MON	TUE	WED	THU	FRI	SAT
6:00		XTREME TRAINING		XTREME TRAINING		XTREME TRAINING	

## POOLS (AQUA AEROBICS)

AM	SUN	MON	TUE	WED	THU	FRI	SAT
9:00		AQUACISE	HYDROPOWER	AQUACISE	HYDROPOWER	AQUACISE	HYDROPOWER
10:00		TWINGES	TWINGES	TWINGES	TWINGES	TWINGES	
11:00		TWINGES		TWINGES		TWINGES	
PM	SUN	MON	TUE	WED	THU	FRI	SAT
5:30		HYDROPOWER	AQUACISE	HYDROPOWER	AQUACISE		

## CYCLIN' ALLEY\*

\*The classes in these studios require a stamp.  
Stamps are available at the Front Desk, 35 minutes prior to class time.

AM	SUN	MON	TUE	WED	THU	FRI	SAT
5:30		CYCLE/RPM	5:45 CYCLE	RPM		CYCLE	
8:00							RPM/CYCLE
8:30		CYCLE				CYCLE	
9:00							EXT. RPM/CYCLE
9:30		CYCLE	RPM/CYCLE	CYCLE	CYCLE		
PM	SUN	MON	TUE	WED	THU	FRI	SAT
12:15	12:00 CYCLE	CYCLE	FUSION	CYCLE	FUSION	CYCLE	
1:00	RPM/CYCLE						
6:00		CYCLE	RPM/CYCLE	CYCLE	RPM/CYCLE		

## FUNCTIONAL TRAINING STUDIO\* (GRIT SERIES)

AM	SUN	MON	TUE	WED	THU	FRI	SAT
5:15		GRIT STRENGTH	GRIT CARDIO		GRIT CARDIO	GRIT FUSION	
8:15				8:30 GRIT STRENGTH			GRIT STRENGTH
9:00							GRIT CARDIO
9:30	GRIT STRENGTH						
PM	SUN	MON	TUE	WED	THU	FRI	SAT
4:30			GRIT CARDIO		GRIT STRENGTH		
5:15		GRIT FUSION					
5:30				GRIT CARDIO			
5:45		6:00 GRIT STRENGTH	GRIT STRENGTH		GRIT CARDIO		

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 989-5758.

## CLASS DESCRIPTIONS

**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!

**BASIC YOGA** 45 MINUTES  
This is a 45-minute class designed for those looking to start their yoga practice. Beginner participants will work on form and flexibility.

**BODYATTACK** 55 MINUTES  
The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Recommended for intermediate to advanced.

**BODYFLOW** 55 MINUTES  
The yoga, tai chi and Pilates workout that leaves you feeling long, strong, centered and calm. It is your personal "time-out" from the stress and strains of daily life. BodyFlow will improve your joint flexibility and range of movement and is recommended for all fitness levels.

**BODYJAM** 55 MINUTES  
A 55-minute workout set to the latest music and greatest dance moves. It's cardio fun at its best for those with a passion for movement. Recommended for intermediate to advanced fitness levels.

**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.

**BODYSTEP** 60 MINUTES  
This step class is an athletic, fun, and simple workout. Improve cardio fitness, coordination, tone density, posture and agility while shaping and toning the legs.

**BODYSTEP ATHLETIC** 55 MINUTES  
Strong functional step training that unleashes power and athleticism. This class is ideal for members seeking a challenging results-focused step workout without any complex step choreography.

**CXWORX** 30 MINUTES  
This is a 30-minute personal training-inspired core class. It has been designed to tighten and tone the abs, glutes, back, obliques, improve functional strength, and assist in injury prevention.

**CYCLE** 45-50 MINUTES  
This class is designed to improve all aspects of physical fitness, using sports psychology, including guided imagery, visualization and other motivational techniques to prepare both mind and body for ultimate performance. Recommended for a variety of riders from intermediate to advanced.

**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.

**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; GRIT Fusion: a mix of Cardio & Strength or Plyo & Strength - mixed by the instructor with members in mind (options available for a variety of levels.)

**HYDRO POWER** 50 MINUTES  
This class features high energy cardiovascular training designed to meet target heart rate zones - be ready to sweat! Muscle conditioning and flexibility using the water's resistance and equipment included. Recommended for the intermediate to advanced participant.

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

**PEAK** 50 MINUTES  
A low impact, low intensity class. Muscle toning and stretching included. Recommended for the beginner or intermediate participant.

**PILATES** 45-50 MINUTES  
The Pilates method strengthens, tones, and improves flexibility and balance. Use of small equipment or classic mat. Great for all ages and fitness levels.

**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.

**POWER YOGA** 60 MINUTES  
This class takes Yoga to a new level. This class is designed to build strength, increase flexibility and reduce stress by using dynamic asanas, strength poses and meditation for an overall mind/body challenge.

**PUNCH** 60 MINUTES  
This is a high-intensity boxing class that includes boxing training techniques, kicks, punches, circuits and advanced training segments. This class is moderate to high impact with moderate to high intensity.

**RPM** 45 MINUTES  
A fun, athletic, cardiovascular cycling workout that kills calories in record time. This class is perfect for men and women of all fitness levels. RPM has very controlled speeds to ensure that everyone can "keep up." As you gain confidence and increase your fitness level, you just keep cranking up the resistance to work harder and challenge yourself even more.

**SCULPT** 50 MINUTES  
A total body workout using hand weights, exercubes and other small equipment to strengthen the body. Recommended for all fitness levels.

**\$\$ TAI CHI** 60-90 MINUTES  
A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. It is used to improve and maintain health and can be helpful in achieving a state of physical and mental relaxation while also strengthening the cardiovascular and immune systems. **Sign-ups required for each series. Additional fees apply.**

**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.

**TWINGES** 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.

**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** 55 MINUTES  
Are you ready to party yourself into shape? That's exactly Zumba® is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.