

Effective 1/6/2019



CARILION WELLNESS WESTLAKE

Group Exercise Schedule

**"FOD" denotes a class is being offered via Fitness on Demand, rather than with a live instructor.

STUDIO

AM	SUN	MON	TUE	WED	THU	FRI	SAT
8:00		PUNCH	BOOT CAMP	PUNCH	BOOT CAMP	PUNCH	
9:00		BODYPUMP	9:15 TONE	BODYPUMP	9:15 TONE	BODYPUMP	BODYPUMP
10:15		BODYFLOW EXPRESS (45 MIN)	YOGA (45 MIN)	YOGA (45 MIN)	YOGA (45 MIN)	BODYFLOW EXPRESS (45 MIN)	10:00 YOGA
11:00			HEALTHY FOR LIFE	SCULPT	HEALTHY FOR LIFE	ZUMBA	BODYJAM

PM	SUN	MON	TUE	WED	THU	FRI	SAT
1:00		YOGA (45 MIN)		BODY FLOW (30 MIN)			
5:00				TONE			
5:30		BODYPUMP			5:20 BODYFLOW (45 MIN)		
6:00			BODYFLOW	BODYPUMP			

FUNCTIONAL TRAINING

AM	SUN	MON	TUE	WED	THU	FRI	SAT
8:00			CYCLE/CX FUSION		CYCLE/CX FUSION		GRIT STRENGTH
8:30							GRIT CARDIO
11:15		TRX				TRX	

PM	SUN	MON	TUE	WED	THU	FRI	SAT
4:30					TRX		
4:45		GRIT FUSION		GRIT CARDIO			
6:30		CYCLE/CX FUSION					

POOLS (AQUA AEROBICS)

AM	SUN	MON	TUE	WED	THU	FRI	SAT
8:00		AQUACISE	AQUACISE	AQUACISE	AQUACISE	AQUACISE	
9:00		AQUACISE	HYDROPOWER	AQUACISE	HYDROPOWER	AQUACISE	HYDROPOWER
10:00		AQUACISE	TWINGES	AQUACISE	TWINGES	AQUACISE	
11:15		TWINGES		TWINGES		TWINGES	

PM	SUN	MON	TUE	WED	THU	FRI	SAT
5:30			AQUACISE		HYDROPOWER		

**The classes in this studio require a stamp.

Stamps are available at the Front Desk, 35 minutes prior to class time.

CYCLE STUDIO**

AM	SUN	MON	TUE	WED	THU	FRI	SAT
7:30			CYCLE/CX FUSION		CYCLE/CX FUSION		
10:00		CYCLE/RPM		CYCLE/RPM			

PM	SUN	MON	TUE	WED	THU	FRI	SAT
12:15			EASY RIDE		HIIT CYCLE	EASY RIDE	
5:20			HIIT CYCLE	EASY RIDE			
6:00		CYCLE/CX FUSION					

The mission of the Carilion Wellness group exercise program is committed to teaching participants of all ages, and 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 feedback, please contact our Assistant Director of Operations at 540-719-3150.

Carilion Wellness Westlake | 157 Westlake Road, Hardy, Virginia 24101
(540) 719-3150 | CarilionWellness.com

CLASS DESCRIPTIONS on reverse side. ►

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!

BODYFLOW 55 MINUTES

Incorporates bending and stretching through a series of yoga moves, which embrace elements of Tai Chi and Pilates. Breathing control is a part of all exercises, and instructors will always provide options for those just getting started. This class is designed for total body strengthening. This program is also offered in a 30 and 45 minute format that eliminates the Pilates component.

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.

BOOT CAMP 50 MINUTES

This program mixes traditional callisthenic and body weight exercises with interval training and strength training. Achieve fast results as you challenge yourself in this efficient workout designed for intermediate to advanced fitness levels.

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.

CYCLE/CX FUSION 60 MINUTES

Begin your workout with a fun, athletic, cardiovascular cycling workout that kills calories in 30 minutes. Then complete your day with 30 minutes of personal training-inspired core work.

EASY RIDE 30 MINUTES

Similar to our regular Cycle class program but designed for those seeking a less intense ride with more options. Music appropriate for all ages.

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 Athletic: builds a powerful, agile, athletic body, GRIT Cardio: burns fat and rapidly improves athletic capability; and GRIT Fusion: a mix of GRIT Cardio and Strength or GRIT Athletic and Strength - mixed by the instructor with members in mind (options available for a variety of levels).

HEALTHY FOR LIFE 45 MINUTES

A gentle, unique exercise program that blends elements of multiple exercise modalities all done while sitting in a chair. Healthy For Life offers a safe and practical alternative to traditional forms of exercise! It is ideal if you're new to exercise or just returning after a long break, or if you have difficulty standing for prolonged periods. It is a fun, convenient, energetic way to burn calories, improve muscle tone, in-

crease range of motion and feel better all over in your body.

HIIT CYCLE 30 MINUTES

Whether you're an avid spinning enthusiast or have never touched an indoor bike at the gym, anyone can get a ton of benefit from performing a high intensity interval training (HIIT) workout. High intensity interval training is a form of cardio that alternates between high and low intensity. This constant variation of intensity keeps your mind focused on your time and speed, making your workout more engaging and thrilling.

HYDROPOWER 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.

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.

SCULPT 50 MINUTES

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

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.

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.

TRX 30 MINUTES

A full-body challenge. TRX is a total body exercise system that leverages gravity and your bodyweight to perform a wide variety of exercise. Develop strength, balance, flexibility, and core stability in this efficient group workout.

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.

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! This program is also offered in a 45 minute format.

ZUMBA 60 MINUTES

An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.