

Effective 11/4/2018

CARILION WELLNESS WESTLAKE

# Group Exercise Schedule



## STUDIO

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

| AM    | SUN               | MON           | TUE                       | WED           | THU                       | FRI               | SAT           |
|-------|-------------------|---------------|---------------------------|---------------|---------------------------|-------------------|---------------|
| 5:30  |                   | FOD BODYPUMP  | FOD BODYPUMP              | FOD BODYPUMP  | FOD BODYPUMP              | FOD GRIT STRENGTH |               |
| 6:30  |                   | FOD BARRE     | FOD BODYFLOW              | FOD BARRE     | FOD BODYFLOW              | FOD BARRE         |               |
| 7:30  |                   | FOD CXWORX    |                           | FOD CXWORX    |                           | FOD CXWORX        |               |
| 8:00  | FOD BODYFLOW      | PUNCH         | BODYPUMP/CXWORX COMBO     | PUNCH         | BODYPUMP/CXWORX COMBO     | PUNCH             | GRIT STRENGTH |
| 8:30  |                   |               |                           |               |                           |                   | GRIT CARDIO   |
| 9:00  | FOD BODYCOMBAT    | BODYPUMP      | 9:15 TONE                 | BODYPUMP      | 9:15 TONE                 | BODYPUMP          | BODYPUMP      |
| 10:00 | FOD SH'BAM        |               |                           |               |                           |                   | YOGA          |
| 10:15 |                   | YOGA (45 MIN) | BODYFLOW EXPRESS (45 MIN) | YOGA (45 MIN) | BODYFLOW EXPRESS (45 MIN) | YOGA (45 MIN)     |               |
| 11:00 | FOD GRIT STRENGTH | SCULPT        | HEALTHY FOR LIFE          | SCULPT        | HEALTHY FOR LIFE          | ZUMBA             | BODYJAM       |
| 11:30 | FOD GRIT PLYO     |               |                           |               |                           |                   |               |

| PM    | SUN             | MON               | TUE                 | WED               | THU                            | FRI               | SAT            |
|-------|-----------------|-------------------|---------------------|-------------------|--------------------------------|-------------------|----------------|
| 12:00 | FOD GRIT CARDIO | FOD CXWORX        | 12:15 GRIT STRENGTH | FOD CXWORX        | FOD GRIT CARDIO                | FOD CXWORX        |                |
| 12:30 | FOD BODYPUMP    | FOD GRIT STRENGTH |                     | FOD GRIT STRENGTH | FOD CXWORX                     | FOD GRIT STRENGTH | FOD BODYCOMBAT |
| 2:00  | FOD SH'BAM      | FOD BODYFLOW      | FOD SH'BAM          | FOD BARRE         | FOD SH'BAM                     | FOD BODYFLOW      | FOD SH'BAM     |
| 4:00  |                 |                   | FOD BODYPUMP        | FOD BODYFLOW      | FOD BODYPUMP                   | FOD BODYPUMP      |                |
| 4:45  |                 | GRIT FUSION       |                     |                   |                                |                   |                |
| 5:00  |                 |                   | FOD GRIT STRENGTH   |                   |                                |                   |                |
| 5:30  |                 | BODYPUMP          |                     |                   | 5:20 BODYFLOW EXPRESS (45 MIN) |                   |                |
| 6:00  |                 |                   | BODYFLOW            | BODYPUMP          |                                |                   |                |
| 6:30  |                 | YOGA              |                     |                   |                                |                   |                |
| 7:00  |                 |                   | FOD GRIT CARDIO     | FOD GRIT CARDIO   | FOD BODYCOMBAT                 |                   |                |
| 7:30  |                 | FOD BODYCOMBAT    |                     |                   |                                |                   |                |

## 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 | AQUACISE |     |     |

\*\*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  |     |           | HIIT CYCLE |           | HIIT CYCLE |     |     |
| 10:00 |     | CYCLE/RPM |            | CYCLE/RPM |            |     |     |

| PM    | SUN | MON | TUE        | WED       | THU        | FRI       | SAT |
|-------|-----|-----|------------|-----------|------------|-----------|-----|
| 12:00 |     |     |            |           |            |           |     |
| 12:15 |     |     | EASY RIDE  |           | HIIT CYCLE | EASY RIDE |     |
| 1:00  |     |     |            |           |            |           |     |
| 5:20  |     |     | HIIT CYCLE | EASY RIDE |            |           |     |
| 6:30  |     |     |            |           |            |           |     |

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.

## CLASS DESCRIPTIONS

### AQUACISE

A complete workout that integrates cardiovascular training, aquatic strength training and flexibility using the water's resistance and equipment. Great for all fitness levels!

50 MINUTES

### BARRE™

LES MILLS BARRE™ is a modern version of classic ballet training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights. If you're seeking a different style of training or a new kind of self-expression, you will love LES MILLS BARRE. Without the traditional barre to support you, the muscles supporting your body's stability and strength becomes the focus. It may look beautiful, but don't underestimate the burn.

30 MINUTES

### BODYCOMBAT

A high-energy martial arts-inspired workout that is totally non-contact. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

55 MINUTES

### BODYFLOW

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.

55 MINUTES

### BODYFLOW EXPRESS

A yoga inspired centering workout that focuses on controlled breathing. It is carefully structured with a warm up, sun salutations, standing strength, balance, hip openers, twists, forward bends, and relaxation/mediation. This workout will build your flexibility and is designed for all fitness levels!

45 MINUTES

### BODYJAM

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.

55 MINUTES

### BODYPUMP

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.

60 MINUTES

### CXWORX

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.

30 MINUTES

### CYCLE

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.

45-50 MINUTES

### EASY RIDE

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

30 MINUTES

### GRIT SERIES

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

30 MINUTES

### HEALTHY FOR LIFE

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

45 MINUTES

### HIIT CYCLE

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.

30 MINUTES

### HYDROPOWER

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.

50 MINUTES

### PUNCH

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.

60 MINUTES

### SH'BAM

A fun-loving, insanely addictive dance workout. Sh'Bam is an ego-free zone - no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower - even if you walk in thinking you can't, you'll walk out knowing you can!

45 MINUTES

### SCULPT

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

50 MINUTES

### RPM

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.

45 MINUTES

### TONE

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.

45 MINUTES

### TWINGES

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.

45 MINUTES

### YOGA

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!!

60 MINUTES

### ZUMBA

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

60 MINUTES