

Effective 3/1/2020

CARILION WELLNESS WESTLAKE

Group Exercise Schedule



STUDIO

AM	SUN	MON	TUE	WED	THU	FRI	SAT
6:15			BODYPUMP		BODYPUMP		
7:00		CXWORK/CORE (30 MIN)		CXCORX/CORE (30 MIN)			
8:00		BODY COMBAT/PUNCH (45 MIN)	CXWORK/CORE (8:15)	DANCE FIT (45 MIN)	CXWORK/CORE (8:15)	DANCE FIT (45 MIN)	GRIT STRENGTH
8:45							GRIT CARDIO
9:00	CXWORK/CORE	BODYPUMP	BODY COMBAT/PUNCH (45 MIN)	BODYPUMP	BODY COMBAT/PUNCH (45 MIN)	BODYPUMP	BODYPUMP (9:30)
9:45	YOGA/BODYFLOW						
10:15		BOOGIE & BALANCE	BODYPUMP (45 MIN)	BODYFLOW	BODYPUMP (45 MIN)	PUNCH & POSE	
10:45							DANCE FIT (45 MIN)
11:15		CXWORK/CORE (11:30)	STEP IT UP/BODYSTEP (45 MIN)	LINE DANCING (11:30)	STEP IT UP/BODYSTEP (45 MIN)	CXWORK/CORE (11:30)	

PM	SUN	MON	TUE	WED	THU	FRI	SAT
12:15		GENTLE YOGA (30 MIN)	BODYFLOW/YOGA (30 MIN)	CHAIR YOGA/TAI CHI (30 MIN)	SENIOR SCULPT/STRETCH	GENTLE YOGA (30 MIN)	
1:00			HEALTHY FOR LIFE (1:30)		HEALTHY FOR LIFE (1:30)		STEP & STRETCH
2:30	CYCLE PLUS (2nd Part)						
4:45		GRIT FUSION		BODY COMBAT/PUNCH (30 MIN)			
5:00			BODYSTEP/STEP IT UP (30 MIN)		BODYSTEP/STEP IT UP (30 MIN)		
5:30		45/30 BODYPUMP CXWORK/CORE		CXWORK/CORE (5:20)			
6:00			BODYFLOW	BODYPUMP			
7:15			DANCE FIT (30 MIN)	BODYFLOW/YOGA (30 MIN)			

POOLS (AQUA AEROBICS)

AM	SUN	MON	TUE	WED	THU	FRI	SAT
8:00		AQUACISE	AQUACISE	AQUACISE	AQUACISE	AQUACISE	
9:00		HYDROPOWER	HYDROPOWER	HYDROPOWER	HYDROPOWER	HYDROPOWER	HYDROPOWER (9:30)
10:00		AQUACISE	TWINGES	AQUACISE	TWINGES	WATER ZUMBA	
11:15		TWINGES		WATER TAI CHI		TWINGES	
PM	SUN	MON	TUE	WED	THU	FRI	SAT
6:10			HYDROPOWER		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
6:15		CYCLE/RPM (30 MIN)		CYCLE/RPM (30 MIN)			
7:30			CYCLE/RPM (30 MIN)		CYCLE/RPM (30 MIN)		CYCLE/RPM (30 MIN - 7:15)
10:15		CYCLE/RPM		CYCLE/RPM			
PM	SUN	MON	TUE	WED	THU	FRI	SAT
1:00	CYCLE PLUS (Studio @ 2:30)						
5:30			CYCLE/RPM (30 MIN)		CYCLE/RPM (30 MIN)		

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 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

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

one-and-done workout (options available for a variety of levels).

BODYFLOW

Ideal for anyone and everyone, this yoga-based class that will improve your mind, your body, and your life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. This program is also offered in a 45 minute format that eliminates the Pilates component and a 30 minute format that allows a Smart Start to the program with less focus on strength.

60 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

BODYPUMP

A barbell workout for anyone looking to get lean, toned, and fit - fast. Using light to moderate weights with lots of repetition, you'll get a total body workout. It will burn up to 540 calories*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation, and great music - helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more. This program is also offered in a 45 minute format that offers combination bicep/tricep training, as well as combination lunge/shoulder training.

60 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

BODYSTEP

In this workout, you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push ups and weight plate exercises. The result is a fun, uplifting, full-body workout! Don't worry, there's heaps of options so that everyone leaves feeling successful. Our bubbly and approachable instructors coach you through the workout. We play invigorating, hit music and inject a whole lot of fun and personality along the way. You can burn up to 660 calories** and you'll leave buzzing with satisfaction.

45 MINUTES

LINE DANCING

Dance to a wide mix of music styles, including country and pop. No advanced dances are done in this fun-filled class!

30 MINUTES

BOOGIE & BALANCE

Anyone can enjoy this introduction to dance and flexibility! Begin with 30 minutes of Dance Fit then finish with 30 minutes of Les Mills BODYFLOW or Yoga. Leave feeling rejuvenated!

60 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.

50 MINUTES

CHAIR YOGA/TAI CHI

A gentle exercise that improves balance and reduces fall risk. Make slow, graceful movements while breathing deeply, all from the comfort of a chair.

30 MINUTES

PUNCH & POSE

The perfect blend of cardio and flexibility for all fitness levels! Your instructor will choose from Les Mills BODYCOMBAT or Punch for the first 30 minutes. Then wind down and release any remaining tension with 30 minutes of Les Mills BODYFLOW or Yoga. The complements of calorie burn and stretch will change your body and your mind!

50 MINUTES

CXWORX

Exercising muscles around the core, this class provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together. All the moves have options, so it's challenging but achievable for your own level of fitness. Trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt, and lower back exercises.

30 MINUTES

RPM

An indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session*. With great music pumping and the group spinning as one, this workout takes you on a journey of hill climbs, sprints and flat riding. You repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. You can draw on the group's energy and find your rhythm in the music. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race! This class is also available in a thirty minute format which eliminates a track of speed work and a track of mountain climbs.

30-45 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.

30-45 MINUTES

SENIOR SCULPT & STRETCH

Begin with 30 minutes of simple resistance training, utilizing body weight, resistance tubes, and light dumbbells if you choose! Finish this class with 30 minutes of Gentle Yoga to leave feeling empowered to take on the day!

60 MINUTES

CYCLE PLUS

You'll start with an extended Les Mills RPM/Cycle for 90 minutes. Then head to the studio for Les Mills CXWORX/Core for 30 minutes. Build your endurance through this challenging workout! Great for those training for the 2020 Carilion Clinic IRONMAN 70.3 event!

120 MINUTES

STEP IT UP

An exciting, rhythmic exercise experience that has been proven to aid in weight maintenance and muscle growth, as well as improvements in heart and overall health. These simple step movements will enhance functional fitness and improve muscular and cardiovascular endurance. Participants will maintain a steady pace to simulate improvements in coordination and balance. This workout includes resistance and core training following the cardio block.

45 MINUTES

DANCE FIT

No dance experience required for this class! All you need is a playful attitude! Your instructor will choose from Les Mills Sh'Bam, Les Mills BODYJAM, or Zumba - so be prepared for musical styles to fit all!

45 MINUTES

STEP & STRETCH

The perfect blend of cardio and flexibility for all fitness levels! Your instructor will choose from Les Mills BODYSTEP or Step It Up for the first 30 minutes. Then wind down and release any remaining tension with 30 minutes of Les Mills BODYFLOW or Yoga. The complements of calorie burn and stretch will change your body and your mind!

45 MINUTES

GENTLE YOGA

This is a yoga class which concentrates on physical health and mental well-being. Hatha yoga uses bodily postures (asanas), breathing techniques(pranayama), and meditation techniques(dyana) with the goal of bringing about a sound, healthy body and a clear, peaceful mind. The asanas work to make the spine supple, the core strong and supple and to promote circulation in the organs, glands, and tissues. Hatha yoga postures strengthen and stretch the body, promoting balance and flexibility. This class is great for beginners and those looking for specific support with injuries.

30 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

GRIT SERIES

30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout comes in 3 varieties; cardio, strength and athletic. GRIT Strength uses barbell, weight plate and body weight exercises to blast all major muscle groups. GRIT Cardio uses a variety of body weight exercises to provide the challenge and intensity you need to get results fast. GRIT Fusion blends all the best parts of Strength with Cardio for your

30 MINUTES

WATER TAI CHI

A relaxation program created to invite you to enjoy the water in a flowing yet powerful progression. Create improved range of motion and mobility.

45 MINUTES

WATER ZUMBA

Zumba meets Aquacise in this class that is sure to have you feeling groovy! The class environment ensures you won't dance alone!

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

60 MINUTES