

Effective 8/11/2019



CARILION WELLNESS WESTLAKE

# Group Exercise Schedule

## STUDIO

AM	SUN	MON	TUE	WED	THU	FRI	SAT
8:00		TONE	CXWORX (8:10)	TONE	CXWORX (8:10)	PUNCH	GRIT STRENGTH
8:30							GRIT CARDIO
9:00	CX WORX	BODYPUMP	PUNCH (9:05)	BODYPUMP	PUNCH (9:05)	BODYSTEP	BODYPUMP
9:40	YOGA						
10:15		YOGA (45 MIN)	BODYPUMP (45 MIN)	BODYFLOW (45 MIN)	BODYPUMP (45 MIN)	YOGA (45 MIN)	10:00 YOGA
11:00						ZUMBA	BODYJAM
11:15		CX WORX	STEP IT UP	CARDIO BLAST	STEP IT UP		

PM	SUN	MON	TUE	WED	THU	FRI	SAT
12:15		GENTLE YOGA (30 MIN)	BODYFLOW (30 MIN)	GENTLE YOGA (30 MIN)		GENTLE YOGA (30 MIN)	
4:45		GRIT FUSION		GRIT STRENGTH			
5:30		BODYPUMP	TONE (5:00)		TONE (5:00)		
6:00			BODYFLOW	BODYPUMP			

## FUNCTIONAL TRAINING

\*The classes require a stamp and are limited to 10 participants. Stamps are available at the Front Desk, 35 minutes prior to class time.

AM	SUN	MON	TUE	WED	THU	FRI	SAT
11:15			HEALTHY FOR LIFE (11:00-GOLF SIM)		HEALTHY FOR LIFE (11:00-GOLF SIM)	TRX	

## 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
5:35			AQUACISE		HYDROPOWER		

## CYCLE STUDIO\*\*

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

AM	SUN	MON	TUE	WED	THU	FRI	SAT
7:30			CYCLE/RPM (30 MIN)		CYCLE/RPM (30 MIN)		
10:15		CYCLE/RPM		CYCLE/RPM			CYCLE/RPM

PM	SUN	MON	TUE	WED	THU	FRI	SAT
12:15					EASY RIDE		
6:30			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

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

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.

## BODYJAM

55 MINUTES

The ultimate combination of music and dance. Tracks that you love right now? They're in BODYJAM. That new style you've heard about? It was in BODYJAM last year. Recommended for intermediate to advanced fitness levels.

## BODYPUMP

60 MINUTES

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.

## BODYSTEP

45 MINUTES

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.

## CARDIO BLAST

45 MINUTES

A safe, effective, low-impact workout mixing 30 minutes of cardio with 15 minutes of strength and core training. There are inspirational instructors and music to motivate you. Best of all, you're left fizzing with energy, so you can really take life on!

## CXWORX

30 MINUTES

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.

## CYCLE

30-45 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.

## 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.

## GENTLE YOGA

30 MINUTES

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.

## GRIT SERIES

30 MINUTES

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 one-and-done workout (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, increase range of motion and feel better all over in your body.

## 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

50 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

30-45 MINUTES

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. This workout is a great way to build up your sense of personal achievement. 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.

## STEP IT UP

45 MINUTES

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.

## TONE

45 MINUTES

If you want the optimal mix of strength, cardio and core training this is it. You'll tick off a complete workout in 45 minutes. The mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. Also a great foundational class, there are a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.

## 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.