

AQUA Schedule March 2020



Wellness Center's Hours:

MONDAY—THURSDAY

5:15AM— 9:30pm

FRIDAY

5:15AM— 9:00PM

SATURDAY

7:00AM— 7:00pm

SUNDAY

10:00AM— 7:00pm

Kidz Klub Hours:

MONDAY—THURSDAY

8:15AM— 1:30pm

4:00-8:00pm

FRIDAY

8:15AM— 1:30PM

4:00-6:30pm

SATURDAY

8:15AM— 1:00pm

SUNDAY

CLOSED

www.RMHWellnessCenter.com

Phone: 564-5682

Group Fitness Coordinator: 564-5146

Instructors Subject to Change

**All classes 55 minutes
unless marked *45 minute class**

*Gentle Wave, Pool Pleasures, & Yoqua
held in Warm Water Pool*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 29 8:15 Making Waves — Melissa 9:30 Making Waves — Nancy 10:30* Gentle Wave — Chris 11:30* Yoqua — Melissa 1:00 Aqua Fit — Gina 2:00* Pool Pleasures — Gina 5:30 Aqua Deep — Krista	March 30 8:15 Making Waves — Melissa 9:30 Making Waves — Nancy 10:30* Gentle Wave — Chris 11:30* Yoqua — Melissa 1:00 Aqua Fit — Gina 2:00* Pool Pleasures — Gina 5:30 Aqua Deep — Krista	March 31 5:30 — 6:30am Master Swim 8:45* Gentle Wave — Gina 9:30* Aqua Party — Gina 10:30 Aqua Deep — Gina 11:00-3:00 Warm Water Pool Adult Swim & Sentara RMH Rehab	Feb 26 8:15* Aqua Party — Elizabeth 9:30 Making Waves — Melissa 10:30* Gentle Wave — Melissa 1:00 Aqua Fit — Gina 2:00* Pool Pleasures — Cheryl 5:30 Aqua Deep — Alumbria	Feb 27 5:30 — 6:30am Master Swim 8:45* Gentle Wave — Carly 10:30 Aqua Deep — Alumbria 11:00-3:00 Warm Water Pool Adult Swim & Sentara RMH Rehab 5:30* Yoqua — Gina	Feb 28 8:15 Making Waves — Elizabeth 9:30 Making Waves — Chris 10:30* Gentle Wave — JennaRose 1:00 Aqua Fit — Gina 2:00* Pool Pleasures — Elizabeth 4:30 Aqua Deep — Krista	February 29 8:30* Yoqua — Elizabeth 9:30* Aqua Fit — Elizabeth
1	2 8:15 Making Waves — Heather 9:30 Making Waves — Carly 10:30* Gentle Wave — Elizabeth 11:30* Yoqua — Elizabeth 1:00 Aqua Fit — Gina 2:00* Pool Pleasures — Gina 5:30 Aqua Deep — Lori	3 5:30 — 6:30am Master Swim 8:45* Gentle Wave — Gina 9:30* Aqua Party — Gina 10:30 Aqua Deep — Gina 11:00-3:00 Warm Water Pool Adult Swim & Sentara RMH Rehab	4 8:15* Aqua Party — Carly 9:30 Making Waves — Carly 10:30* Gentle Wave — Nancy 1:00 Aqua Fit — Gina 2:00* Pool Pleasures — Gina 5:30 Aqua Deep — Lori	5 5:30 — 6:30am Master Swim 8:45* Gentle Wave — Cheryl 10:30 Aqua Deep — Nancy 11:00-3:00 Warm Water Pool Adult Swim & Sentara RMH Rehab 5:30* Yoqua — Janine	6 8:15 Making Waves — Gina 9:30 Making Waves — Chris 10:30* Gentle Wave — Cheryl 1:00 Aqua Fit — Nancy 2:00* Pool Pleasures — Cheryl 4:30 Aqua Deep — Alumbria	7 8:30* Yoqua — Nancy 9:30* Aqua Fit — Nancy
8	9 8:15 Making Waves — Melissa 9:30 Making Waves — Nancy 10:30* Gentle Wave — Nancy 11:30* Yoqua — Melissa 1:00 Aqua Fit — Gina 2:00* Pool Pleasures — Gina 5:30 Aqua Deep — Krista	10 5:30 — 6:30am Master Swim 8:45* Gentle Wave — Cheryl 9:30* Aqua Party — Carly 10:30 Aqua Deep — Carly 11:00-3:00 Warm Water Pool Adult Swim & Sentara RMH Rehab	11 8:15* Aqua Party — Carly 9:30 Making Waves — Carly 10:30* Gentle Wave — Elizabeth 1:00 Aqua Fit — Elizabeth 2:00* Pool Pleasures — Cheryl 5:30 Aqua Deep — Melissa	12 5:30 — 6:30am Master Swim 8:45* Gentle Wave — Carly 10:30 Aqua Deep — Melissa 11:00-3:00 Warm Water Pool Adult Swim & Sentara RMH Rehab 5:30* Yoqua — Janine	13 8:15 Making Waves — Carly 9:30 Making Waves — Carly 10:30* Gentle Wave — Cheryl 1:00 Aqua Fit — Gina 2:00* Pool Pleasures — Cheryl 4:30 Aqua Deep — Nancy	14 7—8am Master Swim 8:30* Yoqua — Melissa 9:30* Aqua Fit — Melissa
15	16 8:15 Making Waves — Melissa 9:30 Making Waves — Gina 10:30* Gentle Wave — Gina 11:30* Yoqua — Melissa 1:00 Aqua Fit — Krista 2:00* Pool Pleasures — Krista 5:30 Aqua Deep — Nancy	17 5:30 — 6:30am Master Swim 8:45* Gentle Wave — Gina 9:30* Aqua Party — Gina 10:30 Aqua Deep — Elizabeth 11:00-3:00 Warm Water Pool Adult Swim & Sentara RMH Rehab	18 8:15* Aqua Party — Carly 9:30 Making Waves — Carly 10:30* Gentle Wave — Chris 1:00 Aqua Fit — Gina 2:00* Pool Pleasures — Cheryl 5:30 Aqua Deep — Melissa	19 5:30 — 6:30am Master Swim 8:45* Gentle Wave — Elizabeth 10:30 Aqua Deep — Nancy 11:00-3:00 Warm Water Pool Adult Swim & Sentara RMH Rehab 5:30* Yoqua — Janine	20 8:15 Making Waves — Carly 9:30 Making Waves — Carly 10:30* Gentle Wave — Cheryl 1:00 Aqua Fit — Nancy 2:00* Pool Pleasures — Cheryl 4:30 Aqua Deep — Krista	21 8:30* Yoqua — Lori 9:30* Aqua Fit — Lori
22	23 8:15 Making Waves — Melissa 9:30 Making Waves — Elizabeth 10:30* Gentle Wave — Elizabeth 11:30* Yoqua — Melissa 1:00 Aqua Fit — Nancy 2:00* Pool Pleasures — Nancy 5:30 Aqua Deep — Krista	24 5:30 — 6:30am Master Swim 8:45* Gentle Wave — Cheryl 9:30* Aqua Party — Carly 10:30 Aqua Deep — Carly 11:00-3:00 Warm Water Pool Adult Swim & Sentara RMH Rehab	25 8:15* Aqua Party — Carly 9:30 Making Waves — Carly 10:30* Gentle Wave — Gina 1:00 Aqua Fit — Gina 2:00* Pool Pleasures — Cheryl 5:30 Aqua Deep — Nancy	26 5:30 — 6:30am Master Swim 8:45* Gentle Wave — Carly 10:30 Aqua Deep — Nancy 11:00-3:00 Warm Water Pool Adult Swim & Sentara RMH Rehab 5:30* Yoqua — Janine	27 8:15 Making Waves — Elizabeth 9:30 Making Waves — Elizabeth 10:30* Gentle Wave — Chris 1:00 Aqua Fit — Chris 2:00* Pool Pleasures — Chris 4:30 Aqua Deep — Nancy	28 7—8am Master Swim 8:30* Yoqua — Nancy 9:30* Aqua Fit — Nancy

CLASS DESCRIPTIONS

CARDIO/STRENGTH

TONE™ (M-H) This class uses it all! High energy instructors, fun cardio & strength choreography, & motivational music will leave you fizzing with energy! *(Group Fitness Studio 45, 55 min.*

BODYCOMBAT™ (M-H) Get ready to step onto the mat or into the ring. This martial arts-inspired kickboxing workout will get your heart pumpin'. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, & Kung Fu. No experience required. *(Group Fitness Studio) 45 & 55 min.*

CARDIO MUSCLE SOLUTION (CMS) (M-H) Ready to be bold? This low impact interval workout will keep your heart rate up while by combining strength & cardio exercises using a variety of equipment. *(Group Fitness Studio) 55 min.*

MOVEMENT MATTERS (L) This is a perfect class for seniors & special populations looking for supervised strength, balance, agility, & stretching exercises. (Pro Ex friendly) *(Group Fitness Studio) 45 min.*

STEP & SCULPT (M-L) Love step but need a little strength? This class is for you. This is a combo of everything we love about step with simple muscle sculpting moves. *(Group Fitness Studio) 55 min.*

STRONG (M-H) STRONG combines cardio, body weight conditioning, & plyometric training! The best part, all the exercises are linked with upbeat & motivating music! *(Group Fitness Studio) 45 min.*

METABOLIC MELTDOWN (H) Programmed by our personal trainers, this is a 12 week progressive exercise class that is sure to burn calories, build muscle & get your heart rate pumping! *(Functional Hallway M/W/F), (Arena T/TR) 30 min.*

STRENGTH

BODYPUMP™ (M-H) Les Mills #1 format. This high energy weight plated barbell class will leave no muscle untouched. High repetition & big moves boost endurance & speeds metabolism for rapid fat burn. *(Group Fitness Studio) 55 min.*

CORE FUSION (M-H) Core & so much more! This workout uses resistance bands, weight plates, & your own bodyweight to target & strengthen it all! *(Group Fitness Studio) 45 min.*

FIT ENCORE (L) With a focus on balance, posture, strength and stability this class is geared toward a senior population but also perfect for anyone recovering from an injury. (Pro Ex friendly) *(Arena) 45 min.*

MUSCLE SOLUTION (M-H) This class will help build lean muscle & burn a ton of calories fun a variety of equipment without intense cardio intervals. *(Group Fitness Studio) 55 min.*

TRX KETTLEBELL (M-H) Suspension training at its best! This total body workout will incorporate TRX, Kettlebell & bodyweight exercise to take your routine to the next level. *(Functional Hallway) 45 min.*

LesMills OnDemand any where any time: \$9.99/month using the following link

<http://link.lesmillsondemand.com/SHGN>

CYCLING

WAKE UP AND RIDE (M-H) Grab your coffee and hit the road. Enjoy an upbeat ride to high energy music with hills, drills, sprints, and lifts! A great way to start your day. *(Group Fitness Studio) 55 min.*

CYCLE & STRETCH (M-H) The best of both worlds. Interval spin drills for endurance, power, & speed that include time trials, climbs, sprints, & pulls for an exciting & unpredictable ride. Followed by an extended stretch that includes a cyclists favorite yoga poses. *(Group Fitness Studio) 75 min.*

MIND/BODY

CHAIR YOGA (L) Designed for the senior population or those just needing a seated option, this class will use the breath to flow through yoga poses without needing to get up and down off the floor. (Pro Ex friendly) *(Activities Studio) 45 min.*

GENTLE YOGA (L) Relax with a series of gentle yoga poses. This class helps improve range of motion, flexibility & strength. Perfect for those newer to Yoga or those just looking for the perfect way to start or end their day! (Pro Ex friendly) *(Group Fitness Studio) 55 min.*

TAI CHI (L) Balance your energy with this class that brings together the mind, body & spirit as one. This is a wonderful compliment to any wellness practice. (Pro Ex friendly) *(Group Fitness Studio) 30 min.*

YOGA FLOW (M) This Vinyasa style class links movement with breath while challenging your strength, balance & flexibility. A steady & rhythmic pace is maintained so some yoga experience may be helpful, but is definitely not required. *(Group Fitness Studio) 55 min.*

TRANSFORM & FLOW (M-H) Unite yoga & sport like never before! Prepare for a unique mind/body experience featuring traditional yoga poses, such as warriors, and traditional sport-influenced movements to keep beat with the latest new music. *(Group Fitness Studio) 55 min.*

YOGA CHALLENGE (M-H) Go beyond the fundamentals of breath, movement & alignment. Challenge your fitness with a rigorous flow to enhance stability, strength & power. Yoga experience recommended. *(Group Fitness Studio) 55 min.*

BARRE (M) No Dance background needed. This is a total body workout that utilizes small, isometric movements, to sculpt muscles concentrating on hips, thighs, glutes, core & arms on and off the barre. *(Group Fitness Studio) 55 min.*

PURE PILATES (M) Pilates improves flexibility, builds strength, develops control & enhances endurance in the entire body. An emphasis on alignment, breathing, core training, & improving coordination & balance. **Some exercises may need adjustments during pregnancy after 20 weeks. (Group Fitness Studio) 55 min.*

CARDIO

CARDIO STEP (M-H) A true favorite, this cardio workout will have you on & around the step in such a fun way you'll forget you're working out! 5-10 minutes may be saved for core work at the end. *(Group Fitness Studio) 55 min.*

ZUMBA (M-H) Let the dancing begin! This Latin inspired class fuses international rhythms to create a one of a kind fitness party! *(Group Fitness Studio) 45, 55, 75 min.*

AQUATICS

AQUA FIT (M) Take your land routine to the next level. This total body water workout builds muscle, increases aerobic fitness, & improves flexibility. No swimming skills are necessary. *(Shallow/Deep Water) 45, 55 min.*

AQUA DEEP (M-H) Grab a belt and jump in! This high intensity water workout based on velocity, drag, & current is designed to burn calories & make you sweat. You'll perform sports drills & directional changes to increase resistance and shock your body into higher gear. *(Deep Water) 55 min.*

AQUA Party (M) Splash & dance your way into shape with an invigorating low impact aquatic class. This pool party gives new meaning to the words, refreshing workout! *(Shallow Water) 55 min)*

GENTLE WAVE (L) This soothing class incorporates gentle exercises in both shallow & deep water to improve balance, range of motion & strength. (Pro Ex friendly) *(Warm Water Pool) 45 min.*

MAKING WAVES (M) Ready for a challenge & a change? This class will do both through a combination of cardio intervals, core drills, strength challenges & flexibility work. All of this in addition to the impact-free benefits of water. *(Shallow Water) 55 min.*

POOL PLEASURES (L) Not a morning person? This is another class designed around gentle exercises to improve mobility, gait, & balance. (Pro Ex friendly) *(Warm Water Pool) 45 min.*

YOQUA (L) Where meditative breath & the relaxing properties of water meet. This class will help relieve stress & balance the body with a series of yoga postures. (Pro Ex friendly) *(Warm Water Pool) 45 min.*

CLASS ETIQUETTE

- For the courtesy of others, **please arrive to class on time.**
- Athletic non-marking shoes should be worn at all times unless you are participating in a Yoga/ Pilates/Barre/Aqua class.
- If it is your first time attending a class, please let the instructor know before class begins so that they may assist you.
- Always silence your mobile device before class.
- Please store personal items in a locker.
- Use wipes to wipe down all equipment after class.
- Please put equipment away at the end of class so that the next class may begin on time.
- Food and glass bottles are not allowed in the pool or studio.
- Youth ages 10 & up may participate with a parent or guardian.
- Youth ages 14 & up may participate while a parent or guardian is in the facility.

Starting March 2nd!

UPDATED LES MILLS VIRTUAL SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:25 — 5:55AM LES MILLS BODYCOMBAT	5:25 — 5:55AM LES MILLS sprint	5:25 — 5:55AM LES MILLS GRIT CARDIO	5:25 — 5:55AM LES MILLS BODYPUMP	5:25 — 5:55AM LES MILLS BODYFLOW	
	7:30 — 8:20AM LES MILLS RPM	7:05 — 7:50AM LES MILLS tone	7:30 — 8:20AM LES MILLS RPM	7:05 — 8:05AM LES MILLS BODYCOMBAT	7:30 — 8:20AM LES MILLS BODYFLOW	
10:30AM — 1:30PM LES MILLS BODYPUMP	12:35 — 1:05PM LES MILLS CXWORX		12:35 — 1:05PM LES MILLS sprint		12:35 — 1:05PM LES MILLS GRIT STRENGTH	11:35AM — 12:35PM LES MILLS BODYPUMP
4:30 — 5:30PM LES MILLS ONDEMAND	3:00 — 4:25PM LES MILLS ONDEMAND	3:45 — 4:15PM LES MILLS GRIT STRENGTH	3:00 — 4:25PM LES MILLS ONDEMAND	3:45 — 4:15PM LES MILLS CXWORX	3:00 — 4:25PM LES MILLS ONDEMAND	12:40 — 2:00PM LES MILLS ONDEMAND
	7:40 — 8:10PM LES MILLS GRIT CARDIO	7:40 — 9:00PM LES MILLS ONDEMAND	7:40 — 8:10PM LES MILLS sprint	7:40 — 9:00PM LES MILLS ONDEMAND	6:30 — 7:15PM LES MILLS tone	

GRIT STRENGTH™ (H) A workout, designed to improve strength and build lean muscle. This workout uses a barbell, weight plates and body weight exercises to blast all major muscle groups.

GRIT CARDIO™ (H) A high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn.

CXWORX™ (M-H) A core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

BODY FLOW™ (L-M) A yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centered.

SPRINT™ (H) A workout of high intensity, designed using an indoor bike to achieve fast results.

RPM™ (H) A cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

BODYCOMBAT™ (H) A high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness & strength.

BODYPUMP™ (H) The original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

TONE™ (M-H) is a mix of strength, cardio and core training designed to deliver a complete workout.