

October 2021 Land



Wellness Center's Hours:

MONDAY—FRIDAY

5:15AM— 8PM

SATURDAY

7AM— 5pm

SUNDAY

10AM—5PM

Child Care Hours:

Reservation Required

Call 540-564-5686

Mornings

M- Fri 8:15am-1pm

Sat: 8:15am-12 noon

Afternoons

M-Th: 4:30pm-7pm

All Classes 45 Minutes

Balance Clinic+ 30 Minutes

Metabolic+ 30 Minutes

Located on the Court

Located in the GF Studio M/W/F 12p

NO 5:30am Class

Chair Yoga Located
in the Activities Studio

*Classes Live Streamed
to Technogym

www.RMHWellnessCenter.com

Phone: 564-5682

Fitness Coordinator: 564-5146

Fitness Manager: 540.564.5694

Classes don't fit your schedule? Check out our Les Mills VIRTUAL Class Schedule!

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep 26	27 METABOLIC REST WEEK 6am BODYPUMP—Hilary 8:30 *Cardio Muscle Solution—Chriss 9:45 Barre—Chriss 10:45 *Gentle Yoga—Sarah 4:30 Cardio Step—Kathe 5:30 *Muscle Solution—Debbie	28 METABOLIC REST WEEK 6am Wake Up & Ride—Farley 8:30 *Transform—Carly 9:30 Gentle Yoga—Chriss 10:30 Fit Encore—Cheryl 11:30 Movement Matters—Mary 4:30 VIRTUAL BODYCOMBAT 5:30 *Pure Pilates—Libbi	29 METABOLIC REST WEEK 6am Sunrise Yoga—Rebecca 8:30 *Muscle Solution—Heather 9:45 *Pure Pilates—Anne 10:45 *Gentle Yoga—Sarah 4:30 BODYPUMP—Farley 5:30 Zumba—Angel	30 METABOLIC REST WEEK 6am Wake Up & Ride—Hilary 8:30 Yoga Flow—Rebecca 9:30 Chair Yoga —Carly 9:45 *BODYPUMP—Hilary 11:30 Movement Matters—Cheryl 4:30 Pure Pilates—Kasey 5:30 Step & Sculpt—Jackie	October 1 METABOLIC REST WEEK 6am Core Fusion—Hilary 8:30 *Cardio Muscle Solution—Carly 9:30 Yoga Flow—Rebecca 10:45 *Gentle Yoga—Sarah	October 2 7:15 Cycle & Stretch—Farley 8:30 Yoga Flow—Rebecca 9:45 Barre—Kathe
3	4 12p/5:30p Metabolic+ Week 1 6am BODYPUMP—Hilary 8:30 Cardio Muscle Solution—Chriss 9:45 Barre—JennaRose 10:45 *Gentle Yoga—Rebecca 4:30 Cardio Step—Kathe 5:30 *Muscle Solution—Debbie	5 12p/5:30p Metabolic+ 6am Wake Up & Ride—Farley 8:30 *Transform—Carly 9:30 Gentle Yoga—Sarah 10:30 Fit Encore—Cheryl 11:30 Movement Matters—Mary 4:30 VIRTUAL BODYCOMBAT 5:30 *Pure Pilates—Alli	6 12p/5:30p Metabolic+ 6am Sunrise Yoga—Rebecca 8:30 *Muscle Solution—Heather 9:45 *Pure Pilates—Anne 10:45 *Gentle Yoga—Carly 4:30 BODYPUMP—Farley 5:30 Zumba—Jackie	7 12p/5:30p Metabolic+ 6am Wake Up & Ride—Hilary 8:30 Yoga Flow—Chriss 9:30 Chair Yoga—Carly 9:45 *BODYPUMP—Krista 10:45 Balance Clinic+ Kathy 11:30 Movement Matters—Cheryl 4:30 VIRTUAL BODYPUMP 5:30 Step & Sculpt—Kathe 6:30 Barre—Jackie	8 12p Metabolic+ 6am Core Fusion—Hilary 8:30 *Cardio Muscle Solution—Chriss 9:30 Yoga Flow—Rebecca 10:45 *Gentle Yoga—Rebecca	9 7:15 Cycle & Stretch—Lori 8:30 Yoga Flow—Lori 9:45 Barre—Hilary
10	11 12p/5:30p Metabolic+ Week 2 6am BODYPUMP—Hilary 8:30 Cardio Muscle Solution—Chriss 9:45 Barre—Chriss 10:45 *Gentle Yoga—Sarah 4:30 Cardio Step—Kathe 5:30 *Muscle Solution—Debbie	12 12p/5:30p Metabolic+ 6am Wake Up & Ride—Farley 8:30 *Transform—Carly 9:30 Gentle Yoga—Chriss 10:30 Fit Encore—Carly 11:30 Movement Matters—Mary 4:30 VIRTUAL BODYCOMBAT 5:30 *Pure Pilates—Libbi	13 12p/5:30p Metabolic+ 6am Sunrise Yoga—Rebecca 8:30 *Muscle Solution—Heather 9:45 *Pure Pilates—Anne 10:45 *Gentle Yoga—Sarah 4:30 BODYPUMP—Farley 5:30 Zumba—Debbie	14 12p/5:30p Metabolic+ 6am Wake Up & Ride—Hilary 8:30 Yoga Flow—Chriss 9:30 Chair Yoga—Carly 9:45 *BODYPUMP—Krista 10:45 Balance Clinic+ Kathy 11:30 Movement Matters—Cheryl 4:30 VIRTUAL BODYPUMP 5:30 Step & Sculpt—Jackie 6:30 Barre—Kathe	15 12p Metabolic+ 6am Core Fusion—Hilary 8:30 *Cardio Muscle Solution—Carly 9:30 Yoga Flow—Rebecca 10:45 *Gentle Yoga—Sarah	16 7:15 Cycle & Stretch—Farley 8:30 Yoga Flow—Chriss 9:45 Barre—Jackie
17	18 12p/5:30p Metabolic+ Week 3 6am BODYPUMP—Hilary 8:30 Cardio Muscle Solution—Chriss 9:45 Barre—JennaRose 10:45 *Gentle Yoga—Rebecca 4:30 Cardio Step—Kathe 5:30 *Muscle Solution—Debbie	19 12p/5:30p Metabolic+ 6am Wake Up & Ride—Farley 8:30 *Transform—Carly 9:30 Gentle Yoga—Sarah 10:30 Fit Encore—Cheryl 11:30 Movement Matters—Mary 4:30 VIRTUAL BODYCOMBAT 5:30 *Pure Pilates—Alli	20 12p/5:30p Metabolic+ 6am Sunrise Yoga—Nancy 8:30 *Muscle Solution—Nancy 9:45 *Pure Pilates—Chriss 10:45 *Gentle Yoga—Carly 4:30 BODYPUMP—Farley 5:30 Zumba—Mary B	21 12p/5:30p Metabolic+ 6am Wake Up & Ride—Nancy 8:30 Yoga Flow—Chriss 9:30 Chair Yoga—Carly 9:45 *BODYPUMP—Krista 10:45 Balance Clinic+ Kathy 11:30 Movement Matters—Cheryl 4:30 VIRTUAL BODYPUMP 5:30 Step & Sculpt—Jackie 6:30 Barre—Jackie	22 12p Metabolic+ 6am Core Fusion—Hilary 8:30 *Cardio Muscle Solution—Carly 9:30 Yoga Flow—Rebecca 10:45 *Gentle Yoga—Rebecca	23 7:15 Cycle & Stretch—Lori 8:30 Yoga Flow—Lori 9:45 Barre—Kathe
24	25 12p/5:30p Metabolic+ Week 4 6am BODYPUMP—Hilary 8:30 Cardio Muscle Solution—Chriss 9:45 Barre—Chriss 10:45 *Gentle Yoga—Sarah 4:30 Cardio Step—Kathe 5:30 *Muscle Solution—Debbie	26 12p/5:30p Metabolic+ 6am Wake Up & Ride—Farley 8:30 *Transform—Carly 9:30 Gentle Yoga—Chriss 10:30 Fit Encore—Cheryl 11:30 Movement Matters—Mary 4:30 VIRTUAL BODYCOMBAT 5:30 *Pure Pilates—Libbi	27 12p/5:30p Metabolic+ 6am Sunrise Yoga—Nancy 8:30 *Muscle Solution—Nancy 9:45 *Pure Pilates—Anne 10:45 *Gentle Yoga—Sarah 4:30 BODYPUMP—Farley 5:30 Zumba—Angel	28 12p/5:30p Metabolic+ 6am Wake Up & Ride—Nancy 8:30 Yoga Flow—Chriss 9:30 Chair Yoga—Carly 9:45 *BODYPUMP—Krista 10:45 Balance Clinic+ Kathy 11:30 Movement Matters—Cheryl 4:30 VIRTUAL BODYPUMP 5:30 Step & Sculpt—Kathe 6:30 Barre—Kathe	29 12p Metabolic+ 6am Core Fusion—Nancy 8:30 *Cardio Muscle Solution—Carly 9:30 Yoga Flow—Rebecca 10:45 *Gentle Yoga—Rebecca	30 7:15 Cycle & Stretch—Nancy 8:30 Yoga Flow—Nancy 9:45 Barre—Jackie