

# August 2022 Land



RMH Wellness Center

## 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

Phone: 564-5682

### Metabolic

5:30pm & T/R Noon

Located on the Court

### Chair Yoga

Located in the Activities Studio

### Balance Clinic & Fit Encore

Located on the Court

### 30 Participant Capacity for Group Fitness Studio

### 20 Participant Capacity for Activities Studio

We are **not** Live Streaming Classes  
for this month.

Contact the Group Fitness  
Coordinator for online resources.

[www.RMHWellnessCenter.com](http://www.RMHWellnessCenter.com)

Phone: 564-5682

Group Fitness Coordinator:  
564-5146

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AUGUST 1</b> Metabolic Week 5 6-6:50am BODYPUMP-Hilary 8:30-9:20am CMS-Chriss 9:30-10:20am Barre-Chriss 10:30-11:15am Gentle Yoga-Mary D 10:30-11:15am Balance Clinic-Kathy 12-12:30pm Metabolic-AnneMarie 4:30-5:20pm Cardio Step-Kathe 5:30-6:20pm Yoga Flow-Mary D 5:30-6pm Metabolic-Debbie	<b>2</b> 6-6:50am Wake Up & Ride-Farley 8:30-9:20am Transform-Carly 9:30-10:25am BODYPUMP-Hilary 10:30-11:15am Core Fusion-Hilary 11:30am-12:15pm Movement Matters-Nancy 12-12:30pm Metabolic-AnneMarie 5:30-6:20pm Pure Pilates-Libbi 5:30-6pm Metabolic-AnneMarie	<b>3</b> 6-6:50am Sunrise Yoga-Rebecca 8:30-9:20am Muscle Solution -Melissa 9:30-10:20am Pure Pilates-Anne 10:30-11:15am Gentle Yoga-Carly 10:30-11:15am Fit Encore-Cheryl 12-12:30pm Metabolic-Chriss 4:30-5:20pm BODYPUMP-Farley 5:30-6:20pm Zumba-Debbie 6:30-7:20pm Barre-Debbie	<b>4</b> 6a-6:50am Wake Up & Ride-Hilary 8:30-9:20am Yoga Flow-Mary D 9:30-10:15am Chair Yoga-Carly 9:30-10:25am BODYPUMP-Chriss 11:30am-12:15pm Movement Matters-Cheryl 12-12:30pm Metabolic-Jay 5:30-6:20pm Step & Sculpt-Kathe 6:30-7:20pm Pure Pilates-Alli	<b>5</b> 6-6:50am Core Fusion-Hilary 8:30-9:20am CMS-Nancy 9:30-10:20am Yoga Flow -Rebecca 10:30-11:15am Gentle Yoga -Mary D 12-12:30pm Metabolic-Nancy	<b>6</b> 7:15-8:15am Cycle & Stretch-Lori 8:30-9:20am Yoga Flow-Lori 930-10:20am Barre -Kathe
<b>8</b> Metabolic Meltdown Week 6 6-6:50am BODYPUMP-Hilary 8:30-9:20am CMS-Chriss 9:30-10:20am Barre-Chriss 10:30-11:15am Gentle Yoga-Mary D 10:30-11:15am Balance Clinic-Kathy 12-12:30pm Metabolic-AnneMarie 4:30-5:20pm Cardio Step-Kathe 5:30-6:20pm Yoga Flow-Sarah 5:30-6pm Metabolic-Debbie	<b>9</b> 6-6:50am Wake Up & Ride-Farley 8:30-9:20am Transform-Melissa 9:30-10:25am BODYPUMP-Chriss 10:30-11:15am Core Fusion-Chriss 11:30am-12:15pm Movement Matters-Chriss 12-12:30pm Metabolic-AnneMarie 5:30-6:20pm Pure Pilates-Alli 5:30-6pm Metabolic-AnneMarie	<b>10</b> 6-6:50am Sunrise Yoga-Nancy 8:30-9:20am Muscle Solution -Nancy 9:30-10:20am Pure Pilates-Anne 10:30-11:15am Gentle Yoga-Mary D 10:30-11:15am Fit Encore-Cheryl 12-12:30pm Metabolic-Jay 4:30-5:20pm BODYPUMP-Farley 5:30-6:20pm Zumba-Jackie 6:30-7:20pm Barre-Debbie	<b>11</b> 6a-6:50am Wake Up & Ride-Nancy 8:30-9:20am Yoga Flow-Rebecca 9:30-10:15am Chair Yoga-Carly 9:30-10:25am BODYPUMP-Hilary 11:30am-12:15pm Movement Matters-Cheryl 12-12:30pm Metabolic-Jay 5:30-6:20pm Step & Sculpt-Kathe 6:30-7:20pm Pure Pilates-Rebekah	<b>12</b> 6-6:50am Core Fusion-Hilary 8:30-9:20am CMS-Melissa 9:30-10:20am Yoga Flow -Rebecca 10:30-11:15am Gentle Yoga -Rebecca 12-12:30pm Metabolic-Nancy	<b>13</b> 7:15-8:15am Cycle & Stretch-Nancy 8:30-9:20am Yoga Flow-Nancy 930-10:20am Barre -Jackie
<b>15</b> Metabolic Meltdown Week 7 6-6:50am BODYPUMP-Hilary 8:30-9:20am CMS-Melissa 9:30-10:20am Barre-JennaRose 10:30-11:15am Gentle Yoga-Nancy 10:30-11:15am Balance Clinic-Kathy 12-12:30pm Metabolic-AnneMarie 4:30-5:20pm Cardio Step-Kathe 5:30-6:20pm Yoga Flow-Mary D 5:30-6pm Metabolic-Nancy	<b>16</b> 6-6:50am Wake Up & Ride-Farley 8:30-9:20am Transform-Carly 9:30-10:25am BODYPUMP-Hilary 10:30-11:15am Core Fusion-Hilary 11:30am-12:15pm Movement Matters-Mary S 12-12:30pm Metabolic-AnneMarie 5:30-6:20pm Pure Pilates-Libbi 5:30-6pm Metabolic-AnneMarie	<b>17</b> 6-6:50am Sunrise Yoga-Rebecca 8:30-9:20am Muscle Solution -Chriss 9:30-10:20am Pure Pilates-Anne 10:30-11:15am Gentle Yoga-Sarah 10:30-11:15am Fit Encore-Cheryl 12-12:30pm Metabolic-Jay 4:30-5:20pm BODYPUMP-Farley 5:30-6:20pm Zumba-Mary B 6:30-7:20pm Barre-Chriss	<b>18</b> 6a-6:50am Wake Up & Ride-Hilary 8:30-9:20am Yoga Flow-Mary D 9:30-10:15am Chair Yoga-Mary D 9:30-10:25am BODYPUMP-Chriss 11:30am-12:15pm Movement Matters-Cheryl 12-12:30pm Metabolic-Jay 5:30-6:20pm Step & Sculpt-Jackie 6:30-7:20pm Pure Pilates-Rebekah	<b>19</b> 6-6:50am Core Fusion-Hilary 8:30-9:20am CMS-Chriss 9:30-10:20am Yoga Flow -Rebecca 10:30-11:15am Gentle Yoga -Sarah 12-12:30pm Metabolic-Jay	<b>20</b> 7:15-8:15am Cycle & Stretch-Farley 8:30-9:20am Yoga Flow-Sarah 930-10:20am Barre -Krista
<b>22</b> Metabolic Meltdown Week 8 6-6:50am BODYPUMP-Hilary 8:30-9:20am CMS-JennaRose 9:30-10:20am Barre-JennaRose 10:30-11:15am Gentle Yoga-Mary D 10:30-11:15am Balance Clinic-Kathy 12-12:30pm Metabolic-AnneMarie 4:30-5:20pm Cardio Step-Kathe 5:30-6:20pm Yoga Flow-Sarah 5:30-6pm Metabolic-Jay	<b>23</b> 6-6:50am Wake Up & Ride-Farley 8:30-9:20am Transform-Melissa 9:30-10:25am BODYPUMP-Chriss 10:30-11:15am Core Fusion-Chriss 11:30am-12:15pm Movement Matters-Mary S 12-12:30pm Metabolic-AnneMarie 5:30-6:20pm Pure Pilates-Alli 5:30-6pm Metabolic-AnneMarie	<b>24</b> 6-6:50am Sunrise Yoga-Nancy 8:30-9:20am Muscle Solution -Nancy 9:30-10:20am Pure Pilates-Anne 10:30-11:15am Gentle Yoga-Mary D 10:30-11:15am Fit Encore-Cheryl 12-12:30pm Metabolic-Jay 4:30-5:20pm BODYPUMP-Farley 5:30-6:20pm Zumba-Katie 6:30-7:20pm Barre-Chriss	<b>25</b> 6a-6:50am Wake Up & Ride-Nancy 8:30-9:20am Yoga Flow-Rebecca 9:30-10:15am Chair Yoga-Sarah 9:30-10:25am BODYPUMP-Hilary 11:30am-12:15pm Movement Matters-Cheryl 12-12:30pm Metabolic-Jay 5:30-6:20pm Step & Sculpt-Jackie 6:30-7:20pm Pure Pilates-Rebekah	<b>26</b> 6-6:50am Core Fusion-Hilary 8:30-9:20am CMS-Melissa 9:30-10:20am Yoga Flow -Rebecca 10:30-11:15am Gentle Yoga -Rebecca 12-12:30pm Metabolic-Jay	<b>27</b> 7:15-8:15am Cycle & Stretch-Lori 8:30-9:20am Yoga Flow-Lori 930-10:20am Barre -Jackie
<b>29</b> Metabolic Meltdown Week 9 6-6:50am BODYPUMP-Hilary 8:30-9:20am CMS-Melissa 9:30-10:20am Barre-JennaRose 10:30-11:15am Gentle Yoga-Nancy 10:30-11:15am Balance Clinic-Kathy 12-12:30pm Metabolic-AnneMarie 4:30-5:20pm Cardio Step-Kathe 5:30-6:20pm Yoga Flow-Mary D 5:30-6pm Metabolic-Nancy	<b>30</b> 6-6:50am Wake Up & Ride-Farley 8:30-9:20am Transform-Melissa 9:30-10:25am BODYPUMP-Hilary 10:30-11:15am Core Fusion-Hilary 11:30am-12:15pm Movement Matters-Mary S 12-12:30pm Metabolic-AnneMarie 5:30-6:20pm Pure Pilates-Libbi 5:30-6pm Metabolic-AnneMarie	<b>31</b> 6-6:50am Sunrise Yoga-Rebecca 8:30-9:20am Muscle Solution-Carly 9:30-10:20am Pure Pilates-Anne 10:30-11:15am Gentle Yoga-Sarah 10:30-11:15am Fit Encore-Cheryl 12-12:30pm Metabolic-Jay 4:30-5:20pm BODYPUMP-Farley 5:30-6:20pm Zumba-Mary B 6:30-7:20pm Barre-Jackie	<b>JULY 28</b> 6a-6:45am Wake Up & Ride-Farley 8:30-9:20am Yoga Flow-Rebecca 9:30-10:15am Chair Yoga-Carly 9:30-10:25am BODYPUMP-Farley 11:30am-12:15pm Movement Matters-Cheryl 12-12:30pm Metabolic-Jay 5:30-6:20pm Step & Sculpt-Kathe 6:30-7:20pm Pure Pilates-Rebekah	<b>JULY 29</b> 6-6:45am Core Fusion-Hilary 8:30-9:20am CMS-Melissa 9:30-10:20am Yoga Flow -Mary D 10:30-11:15am Gentle Yoga -Rebecca 12-12:30pm Metabolic -Chriss	<b>JULY 30</b> 7:15-8:15am Cycle & Stretch-Lori 8:30-9:20am Yoga Flow-Lori 930-10:20am Barre -Lori