

# September 2022 Land

## Group Fitness Schedule



### CLASS CHANGES BEGIN

## September 12

#### LOCATIONS: Metabolic

M/T/W 5:30pm  
Tuesday/Thursday 12pm  
*Located on the Court*

#### Metabolic M/W/F 12pm Monday 5:30am

*Located in the GF Studio*

\*Metabolic Assessment Days

#### Chair Yoga

*Located in the Activities Studio*

#### Balance Clinic & Fit Encore *Located on the Court*

**30** Participant Capacity  
for GF Studio & Court  
**20** Participant Capacity for  
Activities Studio  
**First come first served**

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

Contact Group Fitness  
Coordinator for online resources.

For more information:  
www.RMHWellnessCenter.com  
Phone: 540-564-5682

**Group Fitness Coordinator:** Chriss  
540-564-5146  
castrow@sentara.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AUGUST 29</b> 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-Nancy 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 11:30am-12:15pm Movement Matters-Mary S 12-12:30pm Metabolic-Chriss 5:30-6:20pm Pure Pilates-Libbi 5:30-6pm Metabolic-Chriss	<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-George 4:30-5:20pm BODYPUMP-Farley 5:30-6:20pm Zumba-Mary B 6:30-7:20pm Barre-Chriss	<b>SEPTEMBER 1</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-George 5:30-6:20pm Step & Sculpt-Kathe 6:30-7:20pm Pure Pilates-Rebekah	<b>2</b> 6-6:50am Core Fusion -Hilary 8:30-9:20am CMS-Carly 9:30-10:20am Yoga Flow -Rebecca 10:30-11:15am Gentle Yoga -Rebecca 12-12:30pm Metabolic -Nancy	<b>3</b> 7:15-8:15am Cycle & Stretch-Lori 8:30-9:20am Yoga Flow-Lori 9:30-10:20am Barre -Lori
<b>5</b> Metabolic Week 10  <b>Happy Labor Day! No Classes! Hours: 7am-5pm</b>	<b>6</b> 6-6:50am Wake Up & Ride-Farley 8:15-9am Transform-Carly 9:30-10:25am BODYPUMP-Hilary 11:30am-12:15pm Movement Matters-Nancy 12-12:30pm Metabolic-AnneMarie 5:30-6:20pm Pure Pilates-Alli 5:30-6pm Metabolic-AnneMarie	<b>7</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-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-Debbie 6:30-7:20pm Barre-Debbie	<b>8</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-Alli	<b>9</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 -Rebecca 12-12:30pm Metabolic -AnneMarie	<b>10</b> 7:15-8:15am Cycle & Stretch-Lori 8:30-9:20am Yoga Flow-Melissa <b>9:30-10:20am ZUMBA</b> —Mary B
<b>12</b> Metabolic *ASSESSMENT WEEK <b>5:30-6am Metabolic</b> -Hilary <b>6:05-6:55am BODYPUMP</b> -Hilary 8:30-9:20am CMS-Carly 9:30-10:20am Barre-JennaRose <b>9:30-10:15am Chair Yoga</b> -Carly 10:30-11:15am Gentle Yoga-Sarah 10:30-11:15am Balance Clinic-Kathe 12-12:30pm Metabolic-AnneMarie 4:30-5:20pm Cardio Step-Kathe <b>5:30-6:25pm BODYPUMP</b> -Farley 5:30-6pm Metabolic-Jay <b>6:35-7:35pm Yoga Challenge</b> —Mary D	<b>13</b> 6-6:50am Cycle-Farley <b>8:15-9am</b> Transform-Melissa 9:30-10:20am BODYPUMP-Hilary <b>10:30-11:15am Zumba</b> -Angel 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>6:35-7:35pm Restorative Yoga</b> -Rebecca	<b>14</b> 6-6:50am Yoga Flow-Rebecca 8:30-9:20am Muscle Solution -Melissa 9:30-10:20am Simply Pilates-Anne 10:30-11:15am Gentle Yoga-Sarah 10:30-11:15am Fit Encore-Cheryl 12-12:30pm *Metabolic-Jay <b>4:30-5:20pm Barre</b> -Kathe 5:30-6:20pm Zumba-Jackie <b>5:30-6pm *Metabolic</b> -Jay	<b>15</b> 6a-6:50am Cycle-Hilary <b>8:30-9:15am BODYCOMBAT</b> -Chriss 9:30-10:25am BODYPUMP-Hilary 9:30-10:15am Chair Yoga-Jay <b>10:30-11:15am Barre</b> -Kathe 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>16</b> 6-6:50am Cardio Core Fusion-Hilary 8:30-9:20am CMS-Chriss <b>9:30-10:20am Simply Pilates</b> -Rebekah 10:30-11:15am Gentle Yoga -Sarah 12-12:30pm *Metabolic -Chriss	<b>17</b> 7:15-8:15am Cycle & Stretch-Melissa 8:30-9:20am Yoga Flow-Melissa 9:30-10:20am Barre -Kathe
<b>19</b> Metabolic Week 1 5:30-6am Metabolic-Hilary 6:05-6:55am BODYPUMP-Hilary 8:30-9:20am CMS-Carly 9:30-10:20am Barre-Chriss 9:30-10:15am Chair Yoga-Carly 10:30-11:15am Gentle Yoga-Sarah 10:30-11:15am Balance Clinic-Kathy 12-12:30pm Metabolic-AnneMarie 4:30-5:20pm Cardio Step-Kathe 5:30-6:25pm BODYPUMP-Farley 5:30-6pm Metabolic-Jay 6:35-7:35pm Yoga Challenge—Mary D	<b>20</b> 6-6:50am Cycle-Farley 8:15-9am Transform-Carly 9:30-10:20am BODYPUMP-Chriss 10:30-11:15 Zumba-Katie 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 6:35-7:35pm Restorative Yoga -Rebecca	<b>21</b> 6-6:50am Yoga Flow-Rebecca 8:30-9:20am Muscle Solution -Nancy 9:30-10:20am Simply 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 Barre-Kathe 5:30-6:20pm Zumba-Debbie 5:30-6pm Metabolic-Jay	<b>22</b> 6a-6:50am Cycle-Nancy 8:30-9:15am BODYCOMBAT-JennaRose 9:30-10:25am BODYPUMP-Hilary 9:30-10:15am Chair Yoga-Rebecca 10:30-11:15am Barre-Kathe 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>23</b> 6-6:50am Cardio Core Fusion-Hilary 8:30-9:20am CMS-Melissa 9:30-10:20am Simply Pilates-Rebekah 10:30-11:15am Gentle Yoga -Rebecca 12-12:30pm Metabolic -Jay	<b>24</b> 7:15-8:15am Cycle & Stretch-Lori 8:30-9:20am Yoga Flow-Lori 9:30-10:20am Barr -Jackie
<b>26</b> Metabolic Week 2 5:30-6am Metabolic-Hilary 6:05-6:55am BODYPUMP-Hilary 8:30-9:20am CMS—Carly 9:30-10:20am Barre-JennaRose 9:30-10:15am Chair Yoga-Carly 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 5:30-6:25pm BODYPUMP-Chriss 5:30-6pm Metabolic-Jay 6:35-7:35pm Yoga Challenge—Mary D	<b>27</b> 6-6:50am Cycle-Nancy 8:15-9am Transform-Carly 9:30-10:20am BODYPUMP-Chriss 10:30-11:15 Zumba-Angel 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 6:35-7:35pm Restorative Yoga -Rebecca	<b>28</b> 6-6:50am Yoga Flow-Rebecca 8:30-9:20am Muscle Solution -Nancy 9:30-10:20am Simply 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 Barre-Kathe 5:30-6:20pm Zumba-Mary B 5:30-6pm Metabolic-Jay	<b>29</b> 6a-6:50am Cycle-Nancy 8:30-9:15am BODYCOMBAT-Chriss 9:30-10:25am BODYPUMP-Hilary 9:30-10:15am Chair Yoga-Rebecca 10:30-11:15am Barre-Kathe 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>30</b> 6-6:50am Cardio Core Fusion-Hilary 8:30-9:20am CMS-Melissa 9:30-10:20am Simply Pilates -Rebekah 10:30-11:15am Gentle Yoga -Rebecca 12-12:30pm Metabolic -Chriss	<b>OCTOBER 1</b> 7:15-8:15am Cycle & Stretch-Farley 8:30-9:20am Yoga Flow-Nancy <b>9:30-10:20am ZUMBA</b> —Mary B