

CLASS DESCRIPTIONS

MIND/BODY:

CHAIR YOGA (L) All the benefits of yoga in the comfort of a chair! Light stretches, breathing, & balance are the main elements & are accessible for all levels, conditions, & ages. Mostly seated with some standing. *(Activities Studio)*

GENTLE YOGA (L) Relax with a series of gentle yoga poses in laying, seated, & standing postures. This class helps improve range of motion, flexibility, & strength while relaxing & quieting the mind. No yoga experience required. *(GF Studio)*

RESTORATIVE YOGA (L) This tranquil class of supported yoga postures is designed to release muscle tension for improved mobility & flexibility while balancing the nervous system. The movements, both seated & laying down, allow for rest & rejuvenation. No yoga experience required. *(Activities Studio)*

TRANSFORM (M-H) Unite yoga & sport like never before! Prepare for a unique mind/body experience featuring traditional yoga poses & traditional sport influenced movements to keep beat with the latest music. Yoga experience is helpful but not required. *(GF Studio)*

YOGA FLOW (M) This Vinyasa style class focuses on linking your movement & breath together. A steady & rhythmic pace is maintained throughout the class to help quiet the mental chatter & leave your mind, body, & soul feeling rejuvenated. Yoga experience is helpful but not required. *(GF Studio)*

SIMPLY PILATES (L) Join us to learn the fundamental principles of Pilates. You'll be guided through a series of exercises performed on the mat that helps build strong core muscles. *(GF Studio)*

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. *(GF Studio)*

CARDIO:

BODYCOMBAT™ (M-H) A mixed martial arts class will have you sweating, burning calories, & sculpting muscles! No experience required—pick your intensity & we'll punch & kick our way to meet our fitness goals! *(GF Studio)*

CARDIO STEP (M-H) A classic! A cardio workout will have you on & around the step in such a fun way you'll forget you're working out! Core work at the end! *(GF Studio)*

HIGH FITNESS (M-H) A modern twist on aerobics! A mix of cardio & toning with no equipment! Dance towards your fitness goals! *(GF Studio)*

ZUMBA (M) Let's see your best moves! This Latin inspired class fuses international rhythms to create a one of a kind cardio dance party! *(GF Studio)*

STRENGTH:

BARRE (M) No dance experience needed, this total body workout utilizes small, isolated movements to sculpt lean muscles in the core, hips, & arms. *(GF Studio)*

BODYPUMP™ (M-H) This weight plated barbell class will leave no muscle untouched. High repetition & big moves boost endurance & speeds metabolism for rapid fat burn. *(GF Studio)*

MUSCLE SOLUTION (M) This class will help build lean muscle & burn a ton of calories without intense cardio. Using different pieces of equipment, strength training has never been this fun! *(GF Studio)*

CARDIO/STRENGTH:

BODYATTACK™ (M-H) A mix of fun aerobics & athletic conditioning! With the upbeat music & dynamic moves, you won't realize how many calories you're burning—a lot! *(GF Studio)*

CARDIO CORE FUSION (M) Core & so much more! This workout uses resistance bands, weights, & aerobic intervals to sculpt all the core muscles. *(GF Studio)*

CARDIO MUSCLE SOLUTION (CMS)(M) This low-medium impact class combines strength & cardio exercises using a variety of equipment for a fun & unique workout. *(GF Studio)*

STEP & SCULPT (M) This is a combo of everything we love about step with simple muscle sculpting moves. *(GF Studio)*

METABOLIC (H) 30 minutes of functional strength & cardio conditioning! A mix of equipment and great coaches to help you reach your fitness goals! *(GF Studio & Court)*

AQUATICS:

AQUA DEEP (M-H) This class will help increase your mobility, stamina & endurance all with the impact-free benefits of the deep water! With the help of a floatation aqua belt, you'll exercise with and without equipment. Swimming skills necessary. *(Deep Water/Lap Pool)*

AQUA FIT (M) Get ready to build strength, increase aerobic fitness, & improve your range of motion! The use of different pieces of equipment make each class fun & unique. No swimming skills are required. *(Shallow Water/Lap Pool)*

MAKING WAVES (M) Make some Waves in this energetic class! Reap the benefits of aerobic & strength exercises to upbeat music! No swimming skills are required. *(Shallow Water/Lap Pool)*

GENTLE WAVE (L) Let this warm water class help develop your range of motion, balance, & flexibility. Participants will see improved function in daily activities with walking & gentle movements. *(WWP)*

YOQUA (L) Yoga in the water! Release stress, improve balance, & reset your mind & body with these yoga inspired moves in the comfort of the warm water. *(WWP)*

GENTLE EXERCISE:

MOVEMENT MATTERS (L) Similar to Silver Sneakers, class includes strength, dexterity, & mobility exercises. Seated & some standing. *(Activities Studio)*

FIT ENCORE (L) Great for working on coordination, & functional, & motor control movements using games & fun equipment. Seated & standing exercises. *(Activities Studio)*

BALANCE CLINIC (L) Designed to help improve activities of daily living & reduce the risk of falls. Balance & stability moves while seated & standing. *(Activities Studio)*

CYCLING:

CYCLE (M-H) Enjoy an upbeat ride to high energy music with drills including hills, speed work, interval & endurance training! *(GF Studio)*

CYCLE & STRETCH (M-H) The best of both worlds—cycling & stretching! A powerful 50 minute ride followed by a 10 minute stretch. *(GF Studio)*

CLASS INFORMATION

CLASS INTENSITY:

(L) = Low

(M) = Medium

(H) = High

*This is *intensity*, not impact.

All classes & instructors provide low to high

CLASS LOCATIONS:

GF = GF Studio

Activities Studio

Arena = Basketball/Pickleball Court

WWP = Warm Water Pool

Fitness Lap pool

YOUTH ACCESS POLICIES FOR

CLASS PARTICIPATION:

- Members under 10 years old are **not** eligible to participate.
- Youth ages 10—13 may participate *with a parent or guardian in the class.*
- Youth ages 14 –15 may participate *with a parent or guardian in the facility.*
- Members ages 16+ may participate.
- Guests ages 16+ may participate. *with a parent or guardian in facility*

CLASS ETIQUETTE :

- For the courtesy of others, **please arrive to class on time.**
- Athletic, non-marking shoes are required for all classes unless you are participating in Yoga, Pilates, Barre, or Aqua classes.
- If it is your first time attending a class, please let the Instructor know before class begins so that they may assist you.
- The use of phones are prohibited during class and should always be silenced.
- Please store personal items in a locker and/or on the perimeter of the studio/court.
- Use wipes to clean your equipment at the end of class.
- Put away your equipment at the end of class.
- Food and glass bottles are not allowed in the pool or studio.

GROUP FITNESS PROGRAM STANDARDS:

- Our Group Fitness classes provide a nonjudgmental environment for all participants to exercise safely in a supportive group setting.
- Disrespectful words and actions will not be tolerated.
- All class formats, times, durations, and instructors are subject to change or be canceled.
- Class schedules are based on participation, member feedback, and instructor availability.
- Class schedules are released every month.

WANT MORE INFORMATION?

Find all our Group Fitness Schedules at
rmhwellnesscenter.com/schedules

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