

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. (A.S)

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. (A.S)

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)

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)

RESTORATIVE PILATES (L) Enjoy a gentle Pilates class focused on relaxation, recovery and alignment with slow intentional movement and breathwork. Emphasis on range of motion and tension release. (A.S)

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)

CLASS INTENSITY:

(L) = Low

(M) = Medium

(H) = High

*This is *intensity*, not impact.

All classes & instructors provide low to high impact options and exercise variations so that you can customize your workout.

CARDIO:

BODYCOMBAT™ (M-H) This 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! This 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:

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

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)

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:

CARDIO MUSCLE SOLUTION (CMS) (M-H)

This low-impact class combines strength & cardio exercises using a variety of equipment for a fun & unique workout. (GF Studio)

CARDIO MUSCLE SOLUTION 30 (CMS30) (M-H)

30-minutes of full body strength & cardio conditioning! This workout is an express version of 60-minute CMS with options to increase impact. (GF Studio & Court)

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

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

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)

MAKING WAVES (M-H) 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)

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)

AQUA DANCE PARTY (M) Dance-based choreography set to modern music to create a fun and rhythmic workout experience! 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. (A.S)

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

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

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

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CLASS LOCATIONS:

GF Studio = Main Group Fitness Studio

A.S = Activities Studio

Court = Basketball/Pickleball Arena

WWP = Warm Water Pool

Fitness Lap pool

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 space.
- 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.

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*

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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SENTARA®

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