

SENTARA RMH WELLNESS CENTER

CLASS DESCRIPTIONS

Class Intensity:

(L) = Low

(M) = Medium

(H) = High

**Classes are grouped by intensity, not impact*

Class Locations:

S1 = Studio 1

S2 = Studio 2

FP = Fitness Pool

WP = Warm Pool

Questions?

Email:

GroupFitness

@sentara.com

GENTLE EXERCISE

Movement Matters (L) strength | mobility | seated & standing (S2)

Fit Encore (L) coordination | control | seated & standing (S2)

Balance Clinic (L) balance | stability | seated & standing (S2)

MIND/BODY

Chair Yoga (L) balance | breathing | seated (S2)

Gentle Yoga (L) strength | flexibility | peaceful (S1)

Restorative Yoga (L) tension release | mobility | rejuvenation (S2)

Simply Pilates (L) fundamentals | various equipment | core (S2)

Yoga Flow (M) Vinyasa | rhythmic | meditation in motion (S2)

Pure Pilates (M) strength | stability | endurance (S2)

Transform™ (M) choreography | cardio, core, yoga | endurance (S2)

CARDIO

Cardio Dance (L/M) high-energy | choreography | accessible (S1)

Cardio Step (M) a classic | choreography | core finish (S1)

Zumba™ (M) Latin-inspired | energetic | dance party (S1)

Cycle (M/H) speed | drills | intervals (S1)

Cycle & Stretch (M/H) speed, drills, intervals | stretching (S1)

High Fitness™ (M/H) aerobic twist | toning | dance it out (S1)

Cardio Kick (M/H) kick boxing | high-energy | conditioning (S1)

STRENGTH

Barre (M) isolated movements | high repetitions | toning (S1)

Muscle Solution (M) upbeat | build muscle | full-body (S1)

BodyPump™ (M/H) high repetitions | weight-plated barbell (S1)

CARDIO STRENGTH

Cardio Core Fusion (M) core focused | various equipment (S1)

Step & Sculpt (M) high-energy | choreography | toning (S1)

Cardio Muscle Solution (M/H) low-impact | full-body | interval (S1)

CMS30 (M/H) full-body | functional | intensity options (S1/Court)

TONE™ (M/H) upbeat | cardio & strength | core work (S1)

AQUATICS

Gentle Wave (L) range of motion | balance | motor skills (WP)

Yoqua (L) stress relief | calming | fluid movement (WP)

Aqua Fit (M) strength | range of motion | various equipment (FP)

Aqua Dance Party (M) rhythmic | choreography | fun music (FP)

Aqua Deep (M/H) high-resistance | impact-free | full-body (FP)

Making Waves (M/H) energetic | cardio-based | low-impact (FP)



