


JANUARY 2018 LAND EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  CLOSED	2 9:30a Healthy Back Express 11a Chair Yoga 12 – 12:30p Yoga Nidra 3p ABC Class @ Showalter 4p Pickle Ball	3 9a Circuit/Agility Training 9:30a Low Impact Aerobics 10a Body Strengthening 10:30a Healthy Back & Body 1p POSTURE, BALANCE, GAIT	4 9:30a Healthy Back Express 10a ABC Class @ Showalter 10:30a Dance for Wellness and Well-being 11a Chair Yoga 1p Rejuvenation Movement 4p Pickle Ball	5 9:30a Dance Party 10a Body Strengthening 10:30a Healthy Back & Body 11:45a Floor Yoga 1p POSTURE, BALANCE, GAIT
8 9a Basic Step 9:30a Low Impact Aerobics 10a Body Strengthening 10:30a Healthy Back & Body 1p POSTURE, BALANCE, GAIT	9 9:30a Healthy Back Express 11a Chair Yoga 3p ABC Class @ Showalter 4p Pickle Ball	10 9a Circuit/Agility Training 9:30a Low Impact Aerobics 10a Body Strengthening 10:30a Healthy Back & Body 1p POSTURE, BALANCE, GAIT	11 9:30a Healthy Back Express 10a ABC Class @ Showalter 10:30a Dance for Wellness and Well-being 11a Chair Yoga 1p Rejuvenation Movement 4pm Pickle Ball	12 9:30a Dance Party 10a Body Strengthening 10:30a Healthy Back & Body 11:45a Floor Yoga 1p POSTURE, BALANCE, GAIT
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29 9a Basic Step 9:30a Low Impact Aerobics 10a Body Strengthening 10:30a Healthy Back & Body 1p POSTURE, BALANCE, GAIT	30 9:30a Healthy Back Express 10a ABC Class @ Showalter 11a Chair Yoga 3p ABC Class @ Showalter 4p Pickle Ball	31 9a Circuit/Agility Training 9:30a Low Impact Aerobics 10a Body Strengthening 10:30a Healthy Back & Body 1p POSTURE, BALANCE, GAIT	FITNESS CENTER HOURS Monday – Friday 7 am - 6 pm Saturday 10 am - 2 pm Closed Sunday Phone Number: 540-443-3474	Membership (over 55): \$75-single \$105-couple Guest Pass: \$10 a day Fitness Center Info Line: 540-443-3473

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Warm Hearth Fitness Center Always Recommends You Speak With Your Doctor Before Starting Any Exercise Program.

Please see a Fitness Center staff member before participating in classes to complete required paperwork

Basic Step

Basic Step Aerobics is targeted for beginners though all levels are always welcome. This class is a beginner/medium intensity cardio workout focusing on simple step choreography. If instructor is not available, we will be showing a video. This class is a good way to learn the basics of step aerobics.

Body Strengthening

This class focuses on strength and endurance using lighter weights and greater repetitions. These exercises are great for those getting started in resistance training. Abdominal strengthening exercises will also be included in this class.

Chair Yoga

A yoga class especially for those who find it difficult to get down on the floor. Participants enjoy the benefits of relaxation and increased flexibility from practicing yoga while sitting in a chair. The class will focus on breath work, stretches, supported strengthening poses and meditation.

Circuit/Agility Training

Break up your routine....variety boosts results!! Challenge yourself in this 30 minute class designed to encourage your full potential while going at your own pace. No competition, no pressure, all about enjoying how your body moves.

Dance for Wellness and Well-being

This class is appropriate for anyone who loves music and desires to explore the healing powers of, and joy within, movement regardless of whether they are living with mobility challenges or not. No dance experience is necessary. The moves explored can be done sitting as well as standing. These classes serve to provide an environment and opportunity for all to enjoy the energizing, enriching and empowering benefits of dance and music in a welcoming community setting.

Dance Party Workout

Dance your way into shape! This fun, high energy class includes popular styles to keep you moving!

Floor Yoga

Floor Yoga is a gentle class structured around rejuvenating the body. Yoga props such as blocks, bolsters and straps are often used for safe practice, and to allow the body to fully achieve each position comfortably. This class is held at a slower pace and focuses on stretching all areas of the body, while releasing stress and tension from joints and muscles.

Healthy Back and Body and Healthy Back Express

Healthy Back and Body is a class designed for anyone looking to safely & efficiently strengthen their back and body. It is a great way to prevent injuries from happening as well as to rehabilitate. It strategically works your body from head to toe, and works all of your joint's range of motion. This is a blend of weight training, stretching, balance and breathing exercises that leave you feeling better with every class. Healthy Back Express is a 45 minute condensed class.

Low Impact Aerobics

A low impact aerobics class for all ages and fitness levels. Great for beginners and for those who do not like to jump around.

POSTURE, BALANCE, GAIT

A class for everyone!!!!!! We work on body mechanics and muscle memory through weight/awareness and strength training.

Rejuvenation Movement

Enabling anyone to nurture the body with focus on gentle restorative stretching and breathing. Participants may sit or stand as needed. Val has over 30 years of movement experience, she has studied and practiced flexibility movement and body breathe unity.

ABC Class @ SHOWALTER

Start your morning with your ABCs! Just what the doctor ordered!! Aerobic Body Conditioning (ABC) is an easy, simple, and fun class starts with a warm up, active movement and light weights followed by a cool down period. A perfect start to your day! Standing class (chair use is optional).