

## JULY 2017 LAND EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 8:50a Basic Step 9:30a Low Impact Aerobics 10a Body Strengthening 10:30a Healthy Back & Body  1p POSTURE, BALANCE, GAIT	<b>4</b>  <b>Happy 4<sup>th</sup> of July!</b> <b>Fitness Center Closed</b>	<b>5</b> 9a Circuit/Agility Training 9:30a Low Impact Aerobics 10a Body Strengthening 10:30a Healthy Back & Body  1p POSTURE, BALANCE, GAIT	<b>6</b> 9:30a Healthy Back Express 10:30a Dance for Wellness and Well-being 11a Chair Yoga 1p Rejuvenation Movement 4p Pickle Ball	<b>7</b> 9:30a Dance Party 10a Body Strengthening 10:30a Healthy Back & Body 11:35a Floor Yoga
<b>10</b> 8:50a Basic Step 9:30a Low Impact Aerobics 10a Body Strengthening 10:30a Healthy Back & Body  1p POSTURE, BALANCE, GAIT	<b>11</b> 9:30a Healthy Back Express 11a Chair Yoga  1p Rejuvenation Movement  4pm Pickle Ball	<b>12</b> 9a Circuit/Agility Training 9:30a Low Impact Aerobics 10a Body Strengthening 10:30a Healthy Back & Body  1p POSTURE, BALANCE, GAIT	<b>13</b> 9:30a Healthy Back Express 10:30a Dance for Wellness and Well-being 11a Chair Yoga 12 – 12:30p Yoga Nidra  1p Rejuvenation Movement 4pm Pickle Ball	<b>14</b> 9:30a Dance Party 10a Body Strengthening 10:30a Healthy Back & Body 11:35a Floor Yoga  1p Active Body, Relaxed Mind (KARR)
<b>17</b> 8:50a Basic Step 9:30a Low Impact Aerobics 10a Body Strengthening 10:30a Healthy Back & Body  1p POSTURE, BALANCE, GAIT	<b>18</b> 9:30a Healthy Back Express 11a Chair Yoga  1p Rejuvenation Movement  4p Pickle Ball	<b>19</b> 9a Circuit/Agility Training 9:30a Low Impact Aerobics 10a Body Strengthening 10:30a Healthy Back & Body  1p POSTURE, BALANCE, GAIT	<b>20</b> 9:30a Healthy Back Express 10:30a Dance for Wellness and Well-being 11a Chair Yoga  1p Rejuvenation Movement 4p Pickle Ball	<b>21</b> 9:30a Dance Party 10a Body Strengthening 10:30a Healthy Back & Body 11:35a Floor Yoga
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<b>31</b> 8:50a Basic Step 9:30a Low Impact Aerobics 10a Body Strengthening 10:30a Healthy Back & Body  1p POSTURE, BALANCE, GAIT				<b>FITNESS CENTER HOURS</b> <b>Monday – Friday</b> <b>7 am - 6 pm Saturday</b> <b>10 am - 2 pm</b> <b>Closed Sunday</b>  <b>540-443-3474</b>

**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\***  
[Active Body, Relaxed Mind](#)

New fitness class being offered at Karr Activity Center. The class, which welcomes both chair-users and standing participants, is designed to develop more body and mind awareness and cultivate healthy postures, improve the breathing, move more freely, and develop a peaceful and joyful state of mind. It will offer a synthesis of various kind of body work, energy work and mind work practices, combining techniques and approaches inspired by Taiji, Qigong, Reiki, Mentastic, Tibetan Yoga, relaxation, meditation etc.

### QI GONG

Qigong is an ancient Chinese Wellness system. It originates in ancient Taoist practices for longevity and integrates physical postures, breathing exercise and mental focus. Qigong means "cultivating energy" (Qi means vital energy, and Gong means accomplishment, skill). This class will introduce you to a synthesis of practices for developing posture integration, body-mind awareness, energy work (help the circulations of the Qi). It will include some warming up, breathing practices, simple adapted postures (moving or stationary, some can be done seating) and a short meditation. Qigong can help reduce stress, increase vitality, enhance the immune system and improve all vital functions. Qigong help balance energies and establish harmony between body, mind and soul.

### 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.

### Dance Party Workout

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

### 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.

### 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 body weight/awareness and strength training.

### 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.

### 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.

### 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.

### 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.

### Basic Step

Basic Step Aerobics is targeted for beginners though all levels are always welcome. This class is a medium/high intensity cardio workout focusing on simple step choreography. For anyone who has never stepped before, this class is a good way to learn the basics of step aerobics.