

# DROP-IN GROUP FITNESS CLASSES

## GREAT NECK | August 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**Featured Instructor:**

**Mackenzie!**

Join her Tuesday 8:30-9:30am for **BODYPUMP**

"I work hard to ensure class with me is fun, safe, and full of options so everyone feels successful!"

<p><b>ADULT SWIM WORKOUT</b> 7:30 am - 8:30 am POOL</p> <p><b>20/20/20</b> 8:00 am - 9:00 am GROUP FITNESS RM Alan</p> <p><b>AQUA HYBRID</b> 9:00 am - 10:00 am POOL Lorri</p> <p><b>CHAIR YOGA</b> 9:15 am - 10:00 am GROUP FITNESS RM Marian</p> <p><b>PILATES</b> 5:00 pm - 6:00 pm GROUP FITNESS RM Sharon</p> <p><b>BEACH FIT BOOTCAMP</b> 5:30 pm - 6:30 pm GYM Monica</p>	<p><b>ADULT SWIM WORKOUT</b> 7:00 am - 8:00 am POOL</p> <p><b>TRX Express</b> 6:30 am - 7:00 am DANCE STUDIO <b>Registered Class \$35</b></p> <p><b>LESMILLS BODYPUMP®</b> 8:30 am - 9:30 am GROUP FITNESS RM Mackenzie</p> <p><b>AQUA SHALLOW</b> 9:00 am - 10:00 am POOL Alan</p> <p><b>CARDIOFIT</b> 9:00 am - 10:00 am GYM Cassi/Gloria</p> <p><b>BOOTY BARRE</b> 9:30 am - 10:30 am DANCE STUDIO Betty</p> <p><b>SILVERSNEAKERS® CLASSIC</b> 10:15 am - 11:15 am GYM Alan/Gloria</p> <p><b>TAI CHI I or II</b> 5:30 pm - 6:30 pm &amp; 6:40 pm - 7:40 pm DANCE STUDIO <b>Registered classes \$35</b></p> <p><b>LESMILLS BODYPUMP®</b> 6:00 pm - 7:00 pm GROUP FITNESS RM Bill</p>	<p><b>ADULT SWIM WORKOUT</b> 7:30 am - 8:30 am POOL</p> <p><b>H.I.I.T.</b> 6:45 am - 7:45 am GROUP FITNESS RM Ruth</p> <p><b>20/20/20</b> 8:00 am - 9:00 am GROUP FITNESS RM Christina</p> <p><b>AQUA HYBRID</b> 9:00 am - 10:00 am POOL Alan</p> <p><b>ZUMBA</b> 9:30 am - 10:30 am DANCE STUDIO Sidney</p> <p><b>H.I.I.T.</b> 10:15 am - 11:15 am GROUP FITNESS RM Monica</p> <p><b>PILATES</b> 5:00 pm - 6:00 pm GROUP FITNESS RM Sharon</p> <p><b>CLASSIC BARRE</b> 6:15 pm - 7:15 pm DANCE STUDIO Sharon</p>	<p><b>ADULT SWIM WORKOUT</b> 7:00 am - 8:00 am POOL</p> <p><b>TRX Express</b> 6:30 am - 7:00 am DANCE STUDIO <b>Registered Class \$35</b></p> <p><b>LESMILLS BODYPUMP®</b> 8:30 am - 9:30 am GROUP FITNESS RM Arlene</p> <p><b>AQUA SHALLOW</b> 9:15 am - 10:15 am POOL Lorri</p> <p><b>SILVERSNEAKERS® CIRCUIT</b> 9:00 am - 10:00 am GYM Beverly</p> <p><b>YOGA</b> 10:00 am - 11:00 am GROUP FITNESS RM Cassi</p> <p><b>BOOTY BARRE</b> 9:30 am - 10:30 am DANCE STUDIO Betty</p> <p><b>SILVERSNEAKERS® CLASSIC</b> 10:15 am - 11:15 am GYM Beverly</p> <p><b>TOTAL BODY BURN</b> 5:30 pm - 6:30 pm GROUP FITNESS RM Monica</p>	<p><b>ADULT SWIM WORKOUT</b> 7:30 am - 8:30 am POOL</p> <p><b>H.I.I.T.</b> 6:45 am - 7:45 am GROUP FITNESS RM Diane/Tamara</p> <p><b>tone</b> 8:00 am - 9:00 am GROUP FITNESS RM Leanne</p> <p><b>AQUA HYBRID H.I.I.T.</b> 9:15 am - 10:15 am POOL Lorri</p> <p><b>CHAIR YOGA</b> 9:15 am - 10:15 am GROUP FITNESS RM Jill</p>	<p><b>LESMILLS BODYPUMP®</b> 9:15 am - 10:15 am GROUP FITNESS RM Jai/Patricia</p> <p><b>LESMILLS BODYFLOW®</b> 9:15 am - 10:15 am DANCE STUDIO Alexandra</p> <p><b>SILVERSNEAKERS® CLASSIC</b> 10:15 am - 11:15 am GYM Alan/Gloria</p>
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FIND YOUR FIT WITH OUR NEW & IMPROVED  
**GROUP FITNESS SCHEDULE**

- // REAL-TIME UPDATES
- // EASY TO SEARCH
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**VBGOV.COM/  
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**PAY AS YOU GO  
FITNESS PUNCH CARDS**

\$8 1 CLASS PASS  
\$40 8 CLASS PASS

**PREMIER MEMBERSHIP**

Includes UNLIMITED group fitness classes for ages 14 & up

<b>RESIDENTS</b>	<b>NON-RESIDENTS</b>
\$299/year	\$534/year
\$34/month	\$47/month

# class information

- All centers have a limited amount of equipment available. Participation is on a first come, first served basis.
- Group Fitness participants must be age 14 or older. Those age 12 & 13 may participate if supervised by an adult.
- Wear comfortable, breathable clothing and appropriate shoes.
- Classes are suited for all fitness levels unless noted in the description.



**Classes that drop minimum average attendance of 10 are subject for removal.**

# class descriptions

**20/20/20:** Engage in an even split of cardio for fat burning; strength training for a revved up metabolism; core, flexibility and stretching for a balanced approach to fitness. The perfect trifecta for a complete workout.

**Adult Swim Workout:** Master the skills of swimming with an experienced, trained coach. Whether your goal is to get fit or train for a triathlon, these structured workouts will help you with stroke improvement and training techniques for a variety of strokes. This is for the avid lap swimmer who can swim 100m freestyle continuously.

**Aqua Hybrid:** This energizing, total body aquatic workout can be performed in the shallow and/or deep water. Strengthen your body using the principles of the water leaving you feeling balanced and strong. This class is a fun, easy way to get fit for life.

**Aqua Hybrid H.I.I.T.:** This energizing class offers a variety of high intensity interval training drills designed to shock your system and break through plateaus. Performed in deep and/or shallow water.

**Aqua Shallow:** This energizing, total body aquatic workout is performed in shallow water. Strengthen your body using the principles of the water leaving you feeling balanced and strong. This class is a fun, easy way to get fit for life.

**LES MILLS BODYFLOW®** is the yoga-based class that will improve your mind, your body and your life. During BODYFLOW an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered, and happy.

**Booty Barre:** is a fun, energetic workout that fuses techniques from fitness, dance, pilates and yoga to tone the whole body, especially the legs and glutes. With featured cardio efforts, this class will burn fat and build strength and flexibility while improving balance and posture.

**Beach Fit Bootcamp:** is here to get you beach fit! Focusing on the trouble spots—abs, glutes, arms, and legs—this class combines equipment, bodyweight, and cardio exercises to tone, strengthen, and burn fat, just in time for summer weather!

**Barre & More:** this class will utilize: ballet inspired movements to create tone and strength, a variety of equipment to enhance core stability, and stretching to improve flexibility.

**Chair Yoga:** Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement, ending with a time of relaxation.

**Classic Barre:** Experience an authentic ballet barre class including deep stretching and flexibility training, incorporating balletic movements to enhance ankle, knee, hip, and lower body strength while improving posture.

**Pilates:** Pilates uses controlled exercises to engage the mind and condition the entire body while cardio boosts lift the heart rate and burn fat. The blend of strength and flexibility training improves posture, abdominal strength, reduces stress and creates long, lean muscles without bulking.

**H.I.I.T.:** is a type of High Intensity Interval Training that includes a variety of drills to shock your system and break through plateaus. Various drills are performed to enhance muscular endurance and cardiovascular strength.

**LES MILLS BODYPUMP®** is for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 590 calories\*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

**Total Body Burn:** this powerful and unique workout that builds strength, improves endurance, and creates better heart health while having fun in a high energy environment! Using a variety of equipment and body weight exercises, you will experience the satisfying burn of improving your fitness level.

**LES MILLS TONE** is optimal mix of strength, cardio and core training. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and improve fitness. Also a great foundational class, LES MILLS TONE has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.

**CardioFit:** is an advanced group exercise class designed for active adults who desire a safe and effective low-impact cardiovascular workout. Energizing and easy-to-follow movements promote heart-healthy, total-body conditioning to increase cardiovascular and muscular endurance. In addition, a variety of strength training options are offered to provide a well-rounded workout.

**Silver Sneakers® Circuit:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

**Silver Sneakers® Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

**Yoga:** Exercises to increase flexibility and strength through static and dynamic postures and coordinated breathing techniques; some classes incorporate meditative techniques.

**ZUMBA®:** A high intensity workout that is a fusion of the spicy flavors of Latin and International rhythms designed to get your heart pumping and your feet moving. It is "exercise in disguise." No dance experience needed!

# registered classes

Guarantee your space in class, and reap the benefits as your skills progress. Class sizes have a smaller student to instructor ratio. All classes conducted at a Virginia Beach Recreation Center require a valid Virginia Beach membership or day pass. Register at the front desk of any Virginia Beach Recreation Center or online at [www.vbgov.com](http://www.vbgov.com).

**Tai Chi II**  
8/13 - 9/17  
Tuesdays 6:40-7:40 pm

**TRX Express**  
8/15 - 9/10  
Tues/Thurs 6:30-7:00 am