## Drop-In Group Fitness Classes

**Princess Anne | August 2019**

### SUNDAY

- **LesMills BodyPump®**
  - 9:00 am – 10:00 am
  - **GROUP FITNESS RM**
  - Andi

- **Deep Water Cardio & Core**
  - 9:00 am – 10:00 am
  - **POOL**
  - Sally

- **Chair Yoga**
  - 10:15 am – 11:15 am
  - **GROUP FITNESS RM**
  - Jenn

- **LesMills BodyCombat®**
  - 6:00 pm – 7:00 pm
  - **GROUP FITNESS RM**
  - Taylor

### MONDAY

- **LesMills BodyPump® Express**
  - 9:00 am – 10:00 am
  - **GROUP FITNESS RM**
  - Kris

- **LesMills CXworx®**
  - 9:00 am – 10:00 am
  - **GROUP FITNESS RM**
  - Stephanie

- **Deep Water Cardio & Core**
  - 9:00 am – 10:00 am
  - **POOL**
  - Angela

- **Silversneakers® Classic**
  - 10:15 am – 11:15 am
  - **GYM**
  - Andi

- **Silversneakers® Yoga**
  - 10:15 am – 11:15 am
  - **DANCE STUDIO**
  - Sarah

### TUESDAY

- **Zumba® Toning®**
  - 6:00 pm – 7:00 pm
  - **GROUP FITNESS RM**
  - Samuel

- **SILVERSNEAKERS® Classic**
  - 10:15 am – 11:15 am
  - **GROUP FITNESS RM**
  - Debbi

- **Silversneakers® Yoga**
  - 10:15 am – 11:15 am
  - **DANCE STUDIO**
  - Sarah

### WEDNESDAY

- **LesMills Body Combat®**
  - 9:00 am – 10:00 am
  - **GROUP FITNESS RM**
  - Taylor

- **LesMills BodyPump®**
  - 9:00 am – 10:00 am
  - **GROUP FITNESS RM**
  - Patricia

- **LesMills BodyPump® Express**
  - 9:00 am – 10:00 am
  - **GROUP FITNESS RM**
  - Kris

- **LesMills CXworx®**
  - 9:00 am – 10:00 am
  - **GROUP FITNESS RM**
  - Stephanie

- **Deep Water Cardio & Core**
  - 9:00 am – 10:00 am
  - **POOL**
  - Angela

- **Silversneakers® Classic**
  - 10:15 am – 11:15 am
  - **GYM**
  - Andi

### THURSDAY

- **Step & Strength**
  - 9:00 am – 10:00 am
  - **GROUP FITNESS RM**
  - Kimberly

- **Fluid Moves**
  - 9:00 am – 10:00 am
  - **POOL**
  - Angela

- **Silversneakers® Classic**
  - 9:00 am – 10:00 am
  - **GROUP FITNESS RM**
  - Andi

- **Deep Water Cardio & Core**
  - 9:00 am – 10:00 am
  - **POOL**
  - Angela

### FRIDAY

- **HIT**
  - 9:15 am – 10:15 am
  - **GROUP FITNESS RM**
  - Christina/Roni

### SATURDAY

- **LesMills Body麻将®**
  - 9:00 am – 10:00 am
  - **GROUP FITNESS RM**
  - Travis

- **Silversneakers® Yoga**
  - 10:15 am – 11:15 am
  - **GROUP FITNESS RM**
  - Andi

### ADDITIONAL INFORMATION

- **Find Your Fit with Our New & Improved Group Fitness Schedule**
  - **VBGOV.COM/FITNESS**
  - **Real-Time Updates**
  - **Easy to Search**
  - **More Streamlined**

- **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
  - **Residents**
    - $299/year
    - $34/month
  - **Non-Residents**
    - $534/year
    - $47/month
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.

Barre2 is a fusion of ballet, Pilates, yoga, core and strength training designed for a wide range of fitness levels, ages and bodies to improve strength, balance, flexibility and posture.

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. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Deep Water Cardio and Core: Get the benefits of a high-energy cardio aqua class without any impact on your joints while recruiting your abdominal muscles to maintain proper body alignment and technique during class. Your body is fully suspended in deep water – with the assistance of a buoyancy belt – which enables you to work on your range of motion and execution of moves. This class is suitable for all levels of fitness.

Fluid Moves: Our gentlest aqua class designed specifically for mature members or those returning to fitness after rehabilitation to loosen joints and improve range of motion, muscular strength and balance.

HIIT: is a type of High Intensity Interval Training that includes a variety of drills to shock your system and work it to its capacity. Various drills are performed to enhance muscular and cardiovascular strength. No two classes are ever the same.

LES MILLS BODYCOMBAT®¹ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

LES MILLS BODYPUMP®¹ 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.

LES MILLS CXWORX provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it’s the glue that holds everything together. All the moves in CXWORX have options, so it’s challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hoovers. You will also get into some hip, butt and lower back exercises.

LES MILLS BODYPUMP® Xpress LES MILLS CXWORX®: This class combines 30 minutes of Body Pump and 30/15 minutes of CXWORX training.

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.

Silver Sneakers® 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. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. The format for this class is to be seated or standing; participants do not get on the floor. As mandated by Silver Sneakers, shoes are required in this class.

Silver Sneakers® Classic: Designed for the beginner, active older adult, or anyone needing a modified cardio dance fitness class. Low-impact and high fun! No experience necessary, just an open mind and playful attitude. Please wear proper fitness footwear and clothing and bring a bottle of water.

Silver Sneakers® Yoga: Provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it’s the glue that holds everything together. All the moves in CXWORX have options, so it’s challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hoovers. You will also get into some hip, butt and lower back exercises.

LES MILLS BODYPUMP® Xpress: This class combines 30 minutes of Body Pump and 30/15 minutes of CXWORX training.

Step & Strength: Combined intervals of step choreography mixed with sculpting to keep your heart rate up and watch the calories melt off.

Stretch Fit: Focus on flexibility as you experience both dynamic and static stretches that are designed to improve your posture and activate your body for the challenges of the day.

Yin Yoga: A yoga that focuses on the opening of the connective tissue and fascia that surrounds all muscles, organs, joints and the entire body. Keeping a constant and steady hold and elongation of the muscles to find a more permanent change in the resting length of the tendon and muscles. This practice can facilitate a deep sense of relaxation and possibly creating a feeling of improved mobility.

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

Yoga Nidra: is a guided meditation and practice to relax the body. This method allows the practitioner to move into a state between wakefulness and sleep.

Zumba® Toning: Zumba® Toning is an entry-level Zumba Class designed for the beginner, low-impact and high fun! No experience necessary, just an open mind and playful attitude. Please wear proper fitness footwear and clothing and bring a bottle of water.