VIRGINIA BEACH
PARKS & RECREATION
VBGOV.COM/FITNESS

DROP-IN GROUP FITNESS CLASSES

WILLIAMS FARM | August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YIN YOGA 11:30 am – 12:45 pm **GROUP FITNESS RM** Eddie	**CARDIO MIX** 8:45 am - 9:45 am **GROUP FITNESS RM** Lisa **ZUMBA ®** 10:00 am –11:00 am **GROUP FITNESS RM** Brittany 8/5 Kyoko **CHAIR YOGA** 12:15 pm-1:15 pm **GROUP FITNESS RM** Jenn **BARRE ABOVE** 5:30 pm - 6:30 pm **GROUP FITNESS RM** Robin	**TRX Express** 7:00 am - 7:30 am **GROUP FITNESS RM** Isis Registered Class **STEP & STRENGTH** 8:45 am – 9:45 am **GROUP FITNESS RM** Robin **YOGA** 10:15 am - 11:15 am **GROUP FITNESS RM** Amanda **SILVERSNEAKERS® CLASSIC** 10:15 am - 11:15 am **GYM** Yolanda **YOGA** 5:30 pm – 6:30 pm **GROUP FITNESS RM** Jackie **TEAM TRAINING** 6:45 pm – 7:45 pm **GROUP FITNESS RM** Kathryn Registered Class	**20/20/20** 8:45 am - 9:45 am **GROUP FITNESS RM** Lisa **CHAIR YOGA** 10:00 am -11:100 am **GROUP FITNESS RM** Jenn **TEAM TRAINING** 6:00 pm – 7:00 pm **GROUP FITNESS RM** Lisa Registered Class	**TRX Express** 7:00 am - 7:30 am **GROUP FITNESS RM** Isis Registered Class **CARDIO MIX/BARRE** 8:45 am - 9:45 am **GROUP FITNESS RM** Robin **YIN YOGA NIDRA** 10:00 am -11:15 am **GROUP FITNESS RM** Jenn **SILVERSNEAKERS® CLASSIC** 10:15 am - 11:15 am **GYM** Robin **STEP & STRENGTH** 5:30 pm - 6:30 pm **GROUP FITNESS RM** Lisa **ZUMBA ®** 6:35 pm - 7:35 pm **GROUP FITNESS RM** Brittany	**ZUMBA ®** 8:45 am - 9:45 am **GROUP FITNESS RM** Tiffany **GENTLE YOGA** 10:00 am - 11:00 am **GROUP FITNESS RM** Katie A.	**TURBOKICK®** 9:15 am – 10:15 am **GROUP FITNESS RM** Katie B. **NEW IN SEPTEMBER!** yoga Saturdays at 10:30 a.m.

FIND YOUR FIT WITH OUR NEW & IMPROVED
GROUP FITNESS SCHEDULE

// REAL-TIME UPDATES
// EASY TO SEARCH
// MORE STREAMLINED

VBGOV.COM/FITNESSFINDER

VBGOV.COM/FITNESS
/groups/vbprfitness

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	NON-RESIDENTS
$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 ages 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 attendance 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.

Barre Above: This is a workout that combines ballet barre exercises with Pilates principles. The workout will use small, controlled movements to tone your entire body with a focus on your legs and glutes. No dance experience necessary.

Cardio Mix: Anything goes in this rigorous cardiovascular workout. Class will focus on incorporating a variety of cardio format choices.

Cardio Mix / Barre : You'll get a full-body workout with 30 minutes of a variety of fat blasting cardio formats, followed by 30 minutes of a fusion of ballet, Pilates, yoga, core and strength training! Designed for a wide range of fitness levels, ages and bodies, this class will torch body fat and 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.

Gentle Yoga: This class will introduce basic yoga poses with a gentle approach. This format focuses on placid yoga poses that are easy on the joints. This a great starter class for beginners.

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.

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

***Team Training:** Experience the benefits of working with a certified personal trainer while keeping the fun and competiveness of a group dynamic. Sessions will be held once a week for 8 weeks. Each hour long session will focus on building muscle, burning fat, and increasing cardiovascular fitness. Clients will receive a personal assessment and be coached on how to reach their short and long term health and fitness goals. *Each 8 week class is $120 for 6-9 or $150 for 3-5*

Turbo Kick®: high intensity and fast paced! Turbo Kick is the ultimate cardio-kickboxing party that tones muscle and torches fat!

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.

Yin 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.

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.

TRX® Express: Tuesdays and Thursdays from 7:00 a.m.-7:30 a.m. in the Group Fitness Room - $35 for 6 classes

The above class is taught by a Certified Personal Trainer.