

DROP-IN GROUP FITNESS CLASSES

BOW CREEK | June 2019

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

 <p>Not Goodbyeuntil we meet again! Natalie, we will miss you, your bubbly personality, and your phenomenal classes. We all wish you the best!</p>	<p>CARDIOFIT 9:00 am - 10:00 am GYM Gloria</p>		<p>AQUA SHALLOW 8:30 am - 9:30 am POOL Louis</p>		<p>AQUA SHALLOW 8:30 am - 9:30 am POOL Tara</p>	
	<p>20/20/20 9:15 am - 10:15 am GROUP FITNESS RM Natalie</p>	<p>tone 9:15 am - 10:00 am GROUP FITNESS RM Alexandra</p>	<p>LESMILLS BODYPUMP® 9:15 am - 10:15 am GROUP FITNESS RM Alexandra</p>	<p>ZUMBA TONING® 9:15 am - 10:15 am GROUP FITNESS RM Pat</p>	<p>LESMILLS BODYPUMP® 9:15 am - 10:15 am GROUP FITNESS RM Yolanda/Kristine</p>	<p>LESMILLS BODYPUMP® 9:15 am - 10:15 am GROUP FITNESS RM Bill</p>
	<p>SILVERSNEAKERS® CLASSIC 10:15 am - 11:15 am GYM Gloria</p>	<p>FIT FOR LIFE 10:15 am - 11:15 am GYM Natalie</p>	<p>ZUMBA GOLD® 10:15 am - 11:15 am GYM Pat</p>	<p>FIT FOR LIFE 10:15 am - 11:15 am GYM Tamara</p>	<p>SILVERSNEAKERS® CLASSIC 10:15 am - 11:15 am GYM Robin S.</p>	<p>LESMILLS CXWORX® 10:20 am - 10:50 am GROUP FITNESS RM Jenn</p>
	<p>30/30 10:30 am - 11:30 am GROUP FITNESS RM Natalie</p>	<p>BARRE & LESMILLS BODYFLOW® XPRESS 10:15 am - 11:15 am GROUP FITNESS RM Alexandra</p>	<p>20/20/20 10:30 am - 11:30 am GROUP FITNESS RM Natalie</p>	<p>YIN YOGA Track I 10:30 am - 11:45 am GROUP FITNESS RM Eleni (75 MINUTES!)</p>	<p>DANCE & MORE 10:30 am - 11:30 am GROUP FITNESS RM Yolanda</p>	<p>LESMILLS BODYFLOW® 11:00 am - 12:00 pm GROUP FITNESS RM Alexandra/Bill</p>
		<p>YIN YOGA 12:00 pm - 1:00 pm GROUP FITNESS RM Eleni</p>	<p>BALANCE & MOBILITY 11:30 am - 12:30 pm GROUP FITNESS RM Natalie</p>	<p>YOGA 12:00 pm - 1:00 pm GROUP FITNESS RM Eleni</p>	<p>YIN YOGA Track II 11:45 am - 1:00 pm GROUP FITNESS RM Eddie (75 MINUTES!)</p>	
	<p>MIXXEDFIT® 5:30 pm - 6:30 pm GROUP FITNESS RM Liza</p>	<p>LESMILLS BODYPUMP® LESMILLS CXWORX® XPRESS 5:30 pm - 6:30 pm GROUP FITNESS RM Alan</p>	<p>ZUMBA® 5:30 pm - 6:30 pm GROUP FITNESS RM Charlotte</p>	<p>MIXXEDFIT® 5:30 pm - 6:30 pm GROUP FITNESS RM Brenda</p>		
	<p>LESMILLS BODYPUMP® 6:45 pm - 7:45 pm GROUP FITNESS RM Lisa M.</p>		<p>LESMILLS BODYPUMP® 6:45 pm - 7:45 pm GROUP FITNESS RM Bill</p>			
<p>AQUA DEEP 7:30 pm - 8:30 pm POOL Lorri</p>		<p>AQUA DEEP 7:30 pm - 8:30 pm POOL Lorri</p>				

JULY IS PARKS AND REC MONTH

Join us for FREE activities for our family fun events and FREE Group Fitness Classes throughout the Month of July. These events are FREE and open to the public, but registration is required for some events. Learn more at: VBgov.com/july. Mark your calendars and check out all the FREE Group Fitness Classes starting July 1st.

New launch releases are coming in July. Come in & check out the new music and new choreography!



VBGOV.COM/FITNESS
f/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 \$299/year
\$34/month
NON-RESIDENTS \$534/year
\$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 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; and flexibility and stretching for a balanced approach to fitness. The perfect trifecta for a complete workout.

30/30 - Ballast Ball-Iron Core & More: This is a great combo class! First 30 minutes is a variety of exercises. Last 30 minutes will challenge your core though balance sequences while creating strength and flexibility.

A.B.S. - Abdominal-Balance-Stretch: This class starts with abdominal training, the you will move into varies balance poses and finish with a great stretch.

Aqua Deep: 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.

Aqua Shallow: This energizing, total body aquatic workout is performed in the 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.

Barre/Bodyflow Xpress: 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 followed by Bodyflow Express flexibility.

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.

Dance & More: Do you need MORE? Move through the decades in this easy to follow cardio dance based workout. Class will combine Zumba Gold, Line Dancing, Traditional Aerobic Moves, Strength Training, Abs and MORE! Class will end with floor work. Participants must be able to get up and down off the floor without assistance. Come on and let's do MORE of what we love!

Fit For Life: Designed for the active older adult that offers a combination of strengthening and conditioning as well as dynamic and static stretches. This class will improve strength, flexibility and posture to prepare your body for the challenges of the day. A chair is offered for balance or seated exercise.

MixedFit®: A people-inspired dance fitness program performed to your favorite songs on the radio. It is the perfect blend of explosive dancing and boot camp style toning. The moves are simple and dance experience is not required. Just bring yourself for full out fun.

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.

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. Happy.

LES MILLS BODYPUMP®

Xpress

LES MILLS CXWORX®: This class combines 30 minutes of Body Pump and 30 minutes of CXWORX.

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 hovers. You will also get into some hip, butt and lower back 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.

tone

If you want the optimal mix of strength, cardio and core training this is it. Step into a LES MILLS TONE class and you'll kick off a complete workout in 45 minutes. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. 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.

Yin Yoga Track I: 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 Track II: This yoga class continues to focus on the opening of connective tissue and fascia surrounding muscle, organs, and joints that is introduced in Yin Track I. Athletes, those with high intensity training programs, or anyone who wants to improve range of motion will receive benefits from this class. It is suggested to first attend a Yin Track I class at least 2 times before attending Yin Track II.

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

Zumba Gold®: Zumba Gold is an entry-level Zumba Class 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.

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!

Zumba® Toning: This takes the original Zumba® dance-fitness class to the next level, utilizing an innovative muscle training protocol and the addition of light weight toning sticks or dumbbells. You'll learn how to use the weighted, maraca-like Zumba® Toning Sticks to enhance rhythm, build strength, and tone all the target areas. With their rhythmic percussive sounds, these Zumba® Toning Sticks will add some spice to your resistive workout routine.