Warrenton Aquatic & Recreation Facility

800 Waterloo Rd.
Warrenton, VA 20186
540.349.2520
www.warrentonva.gov

GROUP Fitness

Fall 2015 Schedule

As a courtesy to others, please do not enter class after the first 5 minutes of class start time. If you arrive to class more than 5 minutes late, please check with either front desk staff and/or instructor for permission to enter class. Yoga, body pump and cycle classes may not allow late entry.

---------- LAND CLASSES ----------

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CYCLE 5:30 am - 6:20 am	BODY PUMP™ 5:30 am - 6:20 am	CYCLE 5:30 am - 6:20 am	HIIT 5:30 am - 6:20 am		
BODY PUMP™ 8:30 am - 9:20 am	CYCLE 8:30 am - 9:20 am	HIIT 8:30 am - 9:20 am	CYCLE 8:30 am - 9:20 am	PUMP IT UP 8:30 am - 9:20 am	CYCLE 8:15 am - 9:05 am
CORE & MORE 9:30 am - 10:20 am	SCULPT 9:30 am - 10:20 am	MAT PILATES 9:30 am - 10:20 am	BODY PUMP™ 9:30 am - 10:20 am	CYCLE 9:30 am - 10:20 am	BODY PUMP™ 9:15 am - 10:05 am
CYCLE 10:30 am - 11:20 am	FIT YOGA 10:30 am - 11:20 am	CYCLE 10:30 am - 11:20 am	FIT YOGA 10:30 am - 11:20 am	STRENGTH PILATES 10:30 am - 11:20 am	
GENTLE YOGA 11:30 am - 12:20 pm	STRENGTH & STRETCH 11:30 am - 12:20 pm	BALANCED LIVING YOGA 11:30 am - 12:20 pm	STRENGTH & STRETCH 11:30 am - 12:20 pm	ZUMBA® TONING** 11:30 am - 12:20 pm	*All 11:30 am land classes are designed to be lower intensity.*
	ZUMBA® 12:30 pm - 1:20 pm		ZUMBA® 12:30 pm - 1:20 pm		
	MAT PILATES 4:30 pm - 5:20 pm		BODY PUMP™ 4:30 pm - 5:20 pm		
CYCLE 5:30 pm - 6:20 pm	BODY PUMP™ 5:30 pm - 6:20 pm	PUMP IT UP 5:30 pm - 6:20 pm	CYCLE 5:30 pm - 6:20 pm		
NEW! **PIYO** 6:30 pm - 7:20 pm	ZUMBA® TONING 6:30 pm - 7:20 pm	CYCLE 6:30 pm - 7:20 pm	ZUMBA® 6:30 pm - 7:20 pm		
HIIT 7:30 pm - 8:20 pm		FIT YOGA 7:30 pm - 8:20 pm			

---------- WATER CLASSES ----------

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WATER AEROBICS *Shallow Water* 8:15 am - 9:05 am		WATER AEROBICS *Shallow Water* 8:15 am - 9:05 am		WATER AEROBICS *Shallow Water* 8:15 am - 9:05 am	
WATER AEROBICS *Deep Water* 9:15 am - 10:05 am		WATER AEROBICS *Deep Water* 9:15 am - 10:05 am		WATER AEROBICS *Deep Water* 9:15 am - 10:05 am	
AQUA ZUMBA® 10:15 am - 11:05 am	WALK IT OFF *Water Walking* 10:15 am - 11:05 am	WATER AEROBICS *Shallow Water* 10:15 am - 11:05 am	WALK IT OFF *Water Walking* 10:15 am - 11:05 am	WATER AEROBICS *Shallow Water* 10:15 am - 11:05 am	AQUA ZUMBA® 10:00 am - 10:50 am
WALK IT OFF *Water Walking* 6:30 pm - 7:20 pm		WALK IT OFF *Water Walking* 6:30 pm - 7:20 pm			

Fitness Classes are FREE and UNLIMITED for Members!

(Excludes Specialty Classes)

PRICES

Fitness Classes are FREE and UNLIMITED for Members
(Excludes Specialty Classes)
Non-Member Drop-In Fee*: $8.00
Non-Member 15 Punch Pass Fee*: $108.00

* Each pass is good for one Group Fitness class and does not include use of the facility before or after your class.

POLICIES

- Children 12 & under are NOT permitted in Group Fitness Classes (ages 15 & under NOT permitted in Body Pump classes). Child care is available. Please see the Front Desk for details.
- Space and equipment in classes are allocated on a first come, first served basis. Please arrive at least 5 minutes early to set up your space and equipment.
- Please wipe down equipment with wipes provided and put away after class.

CLASS DESCRIPTIONS

AQUA ZUMBA® - The resistance of the water takes fun, Latin dance moves to a new "cool" level in Aqua Zumba®. The moves are slightly slower than on land but the energy level is just as high. Aqua Zumba® is the perfect low impact way to "heat up the pool party!"

BALANCED LIVING YOGA - Opportunity to bring balance postures, balanced breath, and a balanced body into your daily life. This class is designed to be very gentle with chairs available for assistance, if needed.

BODY PUMP™ - Body Pump by Les Mills is the original barbell class that shapes, tones and strengthens the entire body. It is an active workout that challenges all major muscle groups by using weight room exercises such as squats, presses, lifts and curls. The workout focuses on high repetition movements with low weight loads. This process results in increased strength and lean body muscle conditioning. Participants should be well conditioned and injury free. Ages 15 & under not permitted. Late entry not permitted.

CORE & MORE - Strengthen lower back, abs and glutes in a fun and effective workout. Class will also include "unique" toning exercises, and a comprehensive stretching segment. All levels are welcome.

CYCLE - Cycle is a great way to get fit with 45 minutes of non-impact cardio and 5 minutes stretching at the end. Wear comfortable clothes and pants that are not loose at the ankles and spin shoes or "sneakers". Be ready to move! Please arrive 5 minutes early to set up your bike.

FIT YOGA - Hatha Yoga for the fitness enthusiast! Great for runners and sports buffs who need to stretch, lengthen and improve strength. Great way to compliment other forms of exercise.

GENTLE YOGA - Combines gentle movements with breath. Perfect for beginners, people with specific limitations and those recovering from injury. For those who need them, chairs may be used as an option.

MAT PILATES - This training helps improve posture and core strength. Exercise modifications make this workout safe for all levels of ability.

PIYO - PiYo is a unique core-strengthening workout inspired by the muscle sculpting of Pilates and the flexibility of yoga. With upbeat music and nonstop, fluid movements, it's a rhythmic, and intense workout designed to build strength and flexibility.

PUMP IT UP - Sculpt based class with cardio intervals (high or low impact options) added at regular intervals. This is the perfect class to strengthen muscles, build endurance and burn calories.

SCULPT - Weight training using stability ball, hand weights, body bar, bands and medicine ball. 45 minutes of toning/strength with 5 minutes of stretching at the end. Come 5 minutes early to set up.

STRENGTH PILATES - This class combines the matwork and resistance tools to challenge and build stronger abdominal and back muscles. Enjoy improved posture, flexibility and balance.

STRENGTH & STRETCH - A workout designed for those who are new to class exercise or who are looking for a less strenuous way to strengthen and improve flexibility and balance.

HIIT *(HIGH INTENSITY INTERVAL TRAINING!)* - This total body, heart pumping interval based workout combines body weight exercises with high intensity cardio blasts and is designed to tone your body, improve your endurance and test your limits. You will work at max effort for the duration of class with the assurance that you'll be pushed 100% in efforts of reaching your fitness goals. Participants should be a towel, water and energy!

WALK IT OFF - Join the WARF's Water Walking class, "Walk It Off," a resistance training class that utilizes water currents in the facility's lazy river. Use different movements and techniques to maximize your workout.

WATER AEROBICS - Come and join your peers for WARF Water Aerobics. Lose weight, gain condition and get toned in these fun, energetic classes for all ages. Shallow and Deep water classes available.

ZUMBA® - Zumba is an aerobic dance class set to South American beats. Here's what participants have to say: "A Latin based cardio workout for ANYBODY!," "A way to dance yourself to fitness, and you don't even have to know how to dance!," "The most fun you can have while you exercise, tone and lose weight," "Exercise in disguise" "You can't really define Zumba, you have to experience it!"

ZUMBA® TONING - Use light weight toning sticks (optional) for a fun and different cardio sculpting class! Absolutely no experience is needed and all levels are welcome!