

# September 2022 Group Fitness Schedule



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

## Land Group Fitness Classes

	Sculpt 5:30am-6:20am	Cycle 5:30am-6:20am	Sculpt 5:30am-6:20am	Cycle 5:30am-6:20am	Rise & Shine Yoga 5:30am-6:20am	
		Interval Training 6:30am-7:20am		Interval Training 6:30am-7:20am		
		Core and More (30 mins) 7:30am-8:00am		Thursday Throwdown (30 mins) 7:30am-8:00am		
Cycle 9:00am-9:50am	Cardio Blast 8:30am-9:20am	Cycle 8:30am-9:20am	Cardio Blast 8:30am-9:20am	Cycle 8:30am-9:20am		Cycle 8:30am-9:20am
	Gentle Yoga 9:30am-10:20am	Sculpt 9:30am-10:20am	Gentle Yoga (75 mins) 9:30am-10:45am	Sculpt 9:30am-10:20am	Ride and Roll (75 mins) 10:00am-11:15am	Sculpt 9:30am-10:20am
	Cycle 10:30am-11:20am	Slow Flow Yoga 10:30am-11:20am	Barre 11:00am-11:50am	Cardio Blast 10:30am-11:20am		
	Mash Up Monday 11:30am-12:20pm	TRX Suspension Training \$\$ 10:30am-11:10am		Fit Yoga 11:30am-12:20pm		
				Core and More (30 mins) 4:45pm-5:15pm		
	Power Up 5:00pm-5:50pm	Sculpt 5:00pm-5:50pm	Power Up 5:00pm-5:50pm	Barre 5:15pm-6:05pm		
	POUND 6:00pm-6:50pm	POUND 6:15pm-7:05pm	Cycle 6:00pm-6:50pm	Zumba Toning 6:15pm-7:05pm	Wind Down Yoga 6:00pm-6:50pm	
	Interval Training 7:00pm-7:50pm	Zumba 7:15pm-8:05pm	Interval Training 7:00pm-7:50pm			

To reserve your spot in a class, call us at 540-349-2520, stop by or go online to warrentonva.clubautomation.com. Classes are included in monthly and annual memberships. Cost is \$10/class for non-members. We also offer a 15 fitness class pass for \$135. "\$\$" next to the class name means it's a specialty class with an additional cost.

## Aqua Group Fitness Classes

	Cardio Splash 8:15am-9:05am		Cardio Splash 8:15am-9:05am		Cardio Splash 8:15am-9:05am	
		Aqua Bootcamp\$\$ 9:15am-10:05am	Aqua TNT 9:15am-10:05am	Aqua Bootcamp\$\$ 9:15am-10:05am	Aqua TNT 9:15am-10:05am	
		H2O PowerWalk 10:15am-11:05am	Cardio Splash 10:15am-11:05am	H2O PowerWalk 10:15am-11:05am		Cardio Splash 11:00am-11:50am

**Aqua Bootcamp:** A total body work out geared to burn calories and protect achy joints. Work all your muscles utilizing the lazy river, noodles, buoys, kick boards and more. Most importantly, it's fun! \*\*Specialty class-additional fee\*\*

**Aqua TNT:** TNT stands for "Tone & Tread". Offered in the deep end of our comp pool, this class will challenge your core. Participants wear a flotation belt (provided) to work their bodies head to toe. Instructors will offer a variety equipment to work with. Aqua TNT is perfect for exercise with absolutely no impact. Just bring a bathing suit and a towel.

**Barre:** Barre is a mixture of dance, Pilates, and yoga. Barre work moves through a series of movements from full range to static holds and utilizes light weights, bands, gliders, and balls to tone the entire body. This class is for all levels of fitness and offers modifications to accommodate individual needs.

**Cardio Blast:** Get moving in this total body, cardio-based interval class combining body weight exercises with bursts of cardiovascular training to help tone your body and improve your heart strength utilizing various equipment.

**Cardio Splash:** This energetic aqua class will tone your muscles, increase your cardio endurance, and be kind to your joints! Instructors will use buoys, noodles, and kickboards to keep participants on their toes. The water offers a calming environment, all-over resistance, and no impact. Come prepared to move and smile.

**Core and More:** This action packed 30 minutes class is quick and efficient! Moving through upper and lower abdominals, obliques, cardio, standing core, and back work to tone and strengthen the entire core and more! This class is suitable for all levels with modifications offered to accommodate different needs.

**Cycle:** Participants will ride a stationary bike for a low impact cardio boost! Instructors will encourage riders to simulate various terrain one might encounter during a bike ride on the road to build muscular strength.

**Fit Yoga:** This Hatha Yoga blend brings balance, strength, flexibility, and power to your workout. Fit Yoga is perfect for the yoga enthusiast, the athlete, and/or anyone else looking to improve body movement and mental clarity.

**Gentle Yoga:** In this slow flowing yoga practice, students with journey through sun salutations, standing balance postures, and pranayama techniques to find balance and energetic alignment. This class is for all levels and offers modifications to accommodate everybody. \*Wednesday class is 75 minutes\*

**H2O Powerwalk:** Held in the WARF's "lazy river," There is nothing lazy about this water walking class! Walking and running, with and against the water current, participants will exercise every muscle group, practice core control and balance, and work through full ranges of motion. Enjoy motivating music and a variety of water equipment. Water shoes are recommended for this class.

**Interval Training:** This strength and cardio combination class will feature super-effective Tabata timing and HIIT style intervals to torch your body fat and get your heart pumping. All levels welcome. You will get a full body workout and have a blast.

**Mash Up Monday:** Join us for a unique blend of cardio, core, and strength training. Each class will be different, but the goals of improving strength, flexibility, and endurance will stay the same!

**Pitaiyo:** PITAIYO makes pilates, Tai Chi and yoga accessible to everyone. PITAIYO is functional movement that is challenging yet instantaneously accommodating. PITAIYO is mind and body conditioning.

**Pound:** POUND® is a unique exercise method inspired by the energizing, infectious, and sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® was designed to transform drumming into an incredibly effective way of working out.

**Power Up:** Anything goes in this all-level strength and cardio class that will tax all muscle groups and get your heart pumping. You will "power up" and challenge yourself through cardio, strength, balance, and core moves.

**Ride & Roll:** This class will be a combination of riding a stationary bike for a no impact cardio boost and foam rolling for myofascial release. \*75 minute class\*

**Rise & Shine Yoga:** Wake up by connecting to your body, breath, and movement. This Vinyasa style class takes you through sun salutations, standing poses, balance poses, and hip and heart openers. Designed for yogis of all levels to leave feeling energetic and ready to take on the day.

**Sculpt:** Build and shape your muscle definition in this cross-training strength class. Use free weights, bands, benches, and more, to ignite your muscles! Because there is no ONE way to tone and strengthen, participants will enjoy a variety of formats, workouts, and exercises.

**Slow Flow Yoga:** An all-levels class which links breath and movement, deepens the connection of mind and body. Slow Flow classes help you find the space between poses while still retaining the gentle rhythm of a flow yoga class.

**Thursday Throwdown:** You never know what the instructor will throwdown in this class. Each week will focus on either strength training, step, core or more!

**TRX Suspension Training:** TRX is a suspension type of training that uses your own body weight and gravity to build strength, balance, coordination, flexibility, core, and joint stability. By using your own body weight and gravity you can adjust to your own personal fitness level by moving yourself closer or further away from the anchor point. \*\*Specialty class-additional fee\*\*

**Wind Down Yoga:** Join us for this all-level class which centers on unwinding the body and mind from the activities of a busy week. Yogis will enjoy gentle flows and postures, while improving strength, mobility, and balance to release mental and physical tensions.

**Zumba:** A Latin dance inspired workout sure to get your heart pumping and your hips moving! You'll hear a variety of music genres sure to get your toes tapping. It's fun and effective, using interval training and combining fast and slow rhythms for an effective aerobic workout.

**Zumba Toning:** This class offers all the great fun a regular Zumba® class, adding weighted "toning sticks" to give resistance. Come dance, shake, and groove yourself into better shape!