

January 2023 Group Fitness Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Land Group Fitness Classes

	Sculpt Beth H. 5:30am-6:20am	Cycle Shino 5:30am-6:20am	Sculpt Beth H. 5:30am-6:20am	Cycle Beth H. 5:30am-6:20am	Rise & Shine Yoga Beth H. 5:30am-6:20am	
		Interval Training Sam 6:30am-7:20am		Interval Training Sam 6:30am-7:20am		
Cycle & Core Beth H. 9:00am-10:05am	CardioX Autumn 8:30am-9:20am	Cycle Beth C. 8:30am-9:20am	CardioX Autumn 8:30am-9:20am	Cycle Beth C. 8:30am-9:20am		Cycle Beth H. 8:30am-9:20am
	Gentle Yoga Autumn 9:30am-10:20am	Sculpt Beth C. 9:30am-10:20am	Gentle Yoga Autumn 9:30am-10:45am	Sculpt Beth C. 9:30am-10:20am	Ride & Roll Beth C. 10:00am-11:15am	Sculpt Ray 9:30am-10:20am
	Cycle Beth C. 10:30am-11:20am	Slow Flow Yoga Shino 10:30am-11:20am	Barre Autumn 11:00am-11:50am	Cardio Blast Beth C. 10:30am-11:20am		
	Mash Up Monday Beth C. 11:30am-12:20pm	TRX Suspension Training \$\$ Beth C. 10:30am-11:10am		Fit Yoga Monica 11:30am-12:20pm	<p>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.</p>	
	Yoga Oksana 12:30pm - 1:30pm					
	Plyoga Power Ray 5:00pm-5:50pm	Sculpt Ray 5:00pm-5:50pm	Power Up Beth H. 5:00pm-5:50pm	Core & More Autumn 4:45pm-5:15pm		
	TRX Fusion Training \$\$ Autumn 5:30pm-6:20pm			Barre Autumn 5:15pm-6:05pm		
	POUND® Dee Dee 6:00pm-6:50pm	POWER Sculpt Dee Dee 6:15pm-7:05pm	Cycle Beth H. 6:00pm-6:50pm	POWER Sculpt Dee Dee 6:15pm-7:05pm	Wind Down Yoga Beth H. 6:00pm-6:50pm	
	Interval Training Sam 7:00pm-7:50pm	ZUMBA Jessica 7:15pm-8:05pm	Interval Training Sam 7:00pm-7:50pm	Cardio Step Dee Dee 7:15pm-8:05pm		

Aqua Group Fitness Classes

	Cardio Splash Beth H. 8:15am-9:05am		Cardio Splash Shirley 8:15am-9:05am		Cardio Splash Beth H. 8:15am-9:05am	
	Aqua TNT Robyn 9:15am-10:05am		Aqua TNT Shirley 9:15am-10:05am		Aqua Zumba Kaori 9:15am - 10:05am	
	Cardio Splash Robyn 10:15am-11:05am	H2O PowerWalk Robyn 10:15am-11:05am	Cardio Splash Shirley 10:15am-11:05am	H2O PowerWalk Robyn 10:15am-11:05am	Aqua Yoga Kaori 10:15am- 11:05am	Cardio Splash Beth H. 11:00am-11:50am

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 of equipment to work with. Aqua TNT is perfect for exercise with absolutely no impact. Just bring a bathing suit and a towel.

Aqua Yoga: In this class you will be guided through gentle movements that combine a variety of creative water postures, mindful transitions, relaxing & floating. All while focusing on your breath. You will leave this class feeling relaxed & grounded, bringing you a sense of energized peace.

Aqua Zumba: A Latin dance inspired workout in the water, sure to get your heart pumping and your hips moving! It's fun and effective, using interval training & combining fast and slow rhythms for an effective water aerobic workout.

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

Cardio Step: Spice up your cardio workout with this upbeat and rhythmic step class. This adjustable step platform & high-energy class helps increase endurance and body toning. Step it up and down, over, and around, to the sound of your favorite beats. Step up your fitness, your heart rate, and your mood! Our step workout suits people of all fitness levels.

CardioX: The ultimate cardio group fitness experience. This class consists of high intensity interval training (HITT) Tabata and WOD combinations. Targeting the whole body to help improve cardiovascular health. The focus in this class is self-improvement. Beating your previous X while increasing your daily calorie burn. Although this class is challenging, it is great for all ability levels and will get you great results.

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, & 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, & no impact. All levels welcome.

Core and More: This action-packed class. It's 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.

Cycle & Core: 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. Stay for an additional 15 minutes as our instructor will take you through upper and lower abdominals, obliques, and back work to tone and strengthen the entire core.

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 will 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 & cardio combination class will feature super-effective Tabata timing & HIIT style intervals to torch your body fat & 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, & strength training. Each class will be different, but the goals of improving strength, flexibility, & endurance will stay the same!

Plyo^og^a POWER: Our instructor will lead you through the 3 S's Strength, Sculpt, & Stretching. During this workout you will utilize & strengthen your powerhouse: your deep abdominal muscles, obliques, & lower back. This class is inspired by the movements of Pilates & Yoga with muscle building elements. There are no high impact movements, & everyone can modify, or progress as needed (i.e. choose lighter weights or limit range of motion). Great for all ability levels.

Pound: POUND® is a unique exercise method inspired by the energizing, infectious, & 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 Sculpt: This total body workout you will burn calories, build muscle, tone your entire body, and increase your core strength. Our instructor will coach you through moves & techniques. You will be encouraged & motivated to step out of your comfort zone.

Power Up: 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.

Ride & Roll: This class is 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: Wakeup & connect to your body, breath, & movement. This Vinyasa style class takes you through sun salutations, standing poses, balance poses, & hip and heart openers. Designed for yogis of all levels to leave feeling energetic & ready to take on the day.

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

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

Strictly Strength: This class is designed to build & maintain muscle, helping to speed up & restore your metabolism. Our instructor will coach & challenge you to go a little heavier, a little slower, & to spend a little more time under tension. All levels are welcome.

Thursday Throw Down: You never know what the instructor will throw down in this class. Each week will focus on either strength training, step, core or more!

TRX Fusion 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. When we add Fusion, you get a Bootcamp style training session. In this training you will be targeting the whole body by combining other modalities such as medicine balls and ladders to increase cardio, strength & overall wellness. **Specialty class-additional fee**

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.

Yoga: In this class you will be guided through gentle movements that combine a variety of creative and traditional postures, mindful transitions, & opportunities to balance. All while focusing on your breath. You will leave this class feeling both invigorating and grounded, aiming to bring about a sense of energized peace. All levels are welcome.

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.