

VALLEY HEALTH PHYSICAL REHABILITATION & FITNESS GROUP EXERCISE CLASSES- September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
CLOSED Happy Labor Day!	6-6:45PM Group Cycling (Sal)	9-9:45AM EZ Movers (Kelsey) 10-10:45AM ZUMBA (René) 5:30-6:15PM ZUMBA (René)	9-9:45AM Stretch & Strength (Kelsey) 6-6:45PM Group Cycling (Sal)	9-9:45AM EZ Movers (Kelsey) 10-10:45AM ZUMBA (René)	
9	10	11	12	13	14
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16	17	18	19	20	21
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23	24	25	26	27	28
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3774 Valley Road Berkeley Springs, WV 25411 304-258-8377

Class Descriptions:

Boot Camp: This is a group fitness class that mixes traditional calisthenics and body weight exercises with interval training and strength training. A variety of exercise equipment may be used: dumbbells, exercise balls, TRX bands, jump ropes, bands, etc. Class Capacity: 10

EZ Movers: This low-impact group fitness class focuses on increasing muscle strength, muscle endurance, flexibility, balance, and core strength. This class uses light weights and resistance bands. The exercises may be performed standing or seated in a chair. Class Capacity: 13

Group Cycling: This organized activity, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting. Class Capacity: 9

Stretch & Strength: This is a full body workout that focuses on improving flexibility, decreasing muscle tension, developing overall strength, and improving balance. This class will involve floor work as well as using stability balls and weights. Class Capacity: 10

ZUMBA®: An energizing dance fitness class featuring Latin and International music. Exercise in disguise! You'll burn lots of calories and have a great time doing it! Class Capacity: 13

Note: Class participation is on a first come, first served basis.