

FAUQUIER HEALTH

















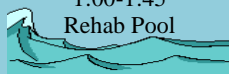
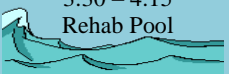
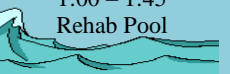

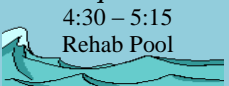












Wellness Center

GROUP EXERCISE SCHEDULE

Effective May 2nd, 2011

Those who are 5 minutes late will not be admitted due to concerns about improper warm-up injuries and class disruption.

Classes may be cancelled due to poor attendance; please see group exercise bulletin board for classes at risk of being cancelled.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yoga Flow 6:15-6:45 	Body Sculpt 6:15 am – 6:45am 	 Express 6:15-6:45			
Gentle Yoga 9:30-10:25 		Tai Chi 9:00 – 10:15 	Gentle Yoga 9:30-10:25 		
Stretch, Strength & Balance 10:30-11:15 	Pilates 10:00 – 11:15 	Stretch, Strength & Balance 10:30-11:15 		Pilates 10:00 – 11:15 	Yoga 9:30-10:45 
 12:00 – 12:45	Yoga Flow 12:00-12:30 	 12:00 – 12:45	Body Sculpt 12:00 – 12:30 	 12:00 – 12:45	
Aqua I 1:00-1:45 Rehab Pool 	Supervised Pool Time 3:30 – 4:15 Rehab Pool 	Aqua I 1:00 – 1:45 Rehab Pool 	Stretch, Strength & Balance 2:00-2:45pm 		
	Aqua II 4:30 – 5:15 Rehab Pool 		Supervised Pool Time 4:00 – 6:00pm Must be out of pool facility by 6:15pm.		
Group Cycle 4:30-5:15 	 TONING 4:30-5:15	Group Cycle 4:30– 5:15 	 4:30 -5:15	 TONING 4:30-5:15	
Body Sculpt 5:25-5:55 	Yoga 5:30-6:45 	Core Fusion 5:25 – 6:10 	Abs & Back 5:25-5:40 		
Tai Chi 5:30-6:45 Studio 1					
 6:05-6:50		Group Cycle Express 6:15 – 6:45 	Yoga 6:00-7:15 	CARDIO BASED CLASS MIND/BODY BASED CLASS MUSCLE TONING/STRENGTHENING CLASS WATER EXERCISE CLASS	