

Group Exercise Schedule

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MAY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		☺ BOOST! 7:15-8:00	Cycle 7:15 - 8:00	☺ Strictly Strength 7:15 - 8:00		
					Cycle 8:30-9:15	Cycle 8:30 - 9:15
					☺ Zumba! 9:00-9:45	☺ Strictly Strength 9:00-9:45
☺ BOOST! 9:30-10:15	☺ Strictly Strength 9:30 - 10:15	Fitness Yoga 9:30 - 10:15	Cardio Kickboxing 9:30 - 10:15	☺ Zumba! 9:30-10:15		
					☺ Barre Sculpt 10:00 - 10:45	☺ Hatha Yoga 10:00 - 10:45
☺ Mat Pilates 10:30 - 11:15				☺ Strictly Strength 10:30 - 11:15		
			Gentle Fitness ☺ 11:30-12:15			☺ Triple Threat 11:00-11:45
					<p style="text-align: center;">Club Hours</p> <p><i>Kid's Club- currently closed</i> Mon – Fri: 7:00 am - 8:00 pm Saturday: 8:00 am - 6:00 pm Sunday: 8:00 am - 12:00pm</p> <ul style="list-style-type: none"> • Pre-registration required through MINDBODY App • Late arrivals are not permitted • New Cycle participants should arrive 10 mins early • Cell phone use restricted to lobby <p>☺ Indicates classes suitable for all fitness levels</p>	
☺ Zumba! 4:30-5:15						
☺ Hatha Yoga 5:30 - 6:15	☺ Strictly Strength 5:30 -6:15	Cardio Step 5:30 - 6:15	☺ BOOST! 5:30-6:15			
				☺ Zumba! 6:00-6:45		
Cardio Kickboxing 6:30-7:15	☺ Core & More 6:30 - 7:15	☺ Zumba! 6:30-7:15	☺ Barre Sculpt 6:30 -7:15			

CARDIO AND STRENGTH CLASSES

BOOST! ☺ - BOOST! your immune system with this variety filled class of cardio, strength, core and agility. Creative combinations keep you entertained and the workouts keep you energized. All fitness levels welcome.

CARDIO STEP - This high energy class builds combinations of choreography on the STEP to provide a fun and intense cardio workout.

CARDIO KICKBOXING ☺ - Kick up a sweat with this high energy routine using a combination of boxing and kicks for a total body workout. All fitness levels welcome.

CYCLE - Reach new heights in fitness with this intense indoor cycling program that simulates outdoor cycling. Please arrive 10 mins early and notify the instructor if you are new to this class.

CORE & MORE ☺ - This class focuses on improving your posture and building core muscles through a variety of exercises. Appropriate for all fitness levels.

GENTLE FITNESS ☺ - Whether you are healthy, managing an illness or new to exercise, this class has something for you. This class will help you work on a well-rounded gentle fitness program, combining cardiovascular endurance, muscular strength, flexibility and balance while learning to safely work within your limitations.

STRICTLY STRENGTH ☺ - This class utilizes weights to build muscle tissue and muscular endurance with the goal of increasing the body's metabolism. No cardio here...just "Strictly Strength." Good for all fitness levels.

TRIPLE THREAT ☺ - Three workouts in one! Work 15 minutes each of cardio, core/abs and yoga/stretching. All fitness levels welcome.

ZUMBA! ☺ - The Zumba! program fuses hypnotic Latin rhythms and easy-to-follow moves for a one-of-a-kind fitness class that will blow you away! Experience an absolute blast of calorie-burning, body-energizing, fun.

MIND BODY CLASSES

HATHA YOGA ☺ - This practice is based on physical poses linked with breathing techniques that provide a platform for increasing physical abilities of strength, flexibility and balance.

FITNESS YOGA - Looking to step up your yoga practice? Work flowing poses that build strength and stamina due to a more vigorous, athletic approach.

BARRE SCULPT ☺ - This class combines the disciplines of core and strength conditioning, Pilates, Yoga and Ballet. This method incorporates strength training, isometric holds and deep stretches enhancing your body composition. Perfect for every fitness level, modifications and adjustments are made to challenge everyone safely.

MAT PILATES ☺ - Based on the techniques by Joseph Pilates, this class enhances spinal flexibility, muscular strength and posture with a special emphasis on abdominal, low back and hip muscles. For all fitness levels.