

# Group Exercise Schedule

14175 Sullyfield Circle Chantilly, Va. 20151

[www.thewomens-club.com](http://www.thewomens-club.com)

703-817-0700

**Effective December 2, 2019**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
Interval Express 7:30-8:15	Cycle 6:00-6:50		Interval Express 7:30-8:15	Cycle 6:00-6:50		
☺ Strictly Strength 8:30-9:25	Interval Express 8:30-9:15	Cardio Interval 8:30-9:25	☺ Barre Sculpt 8:30-9:25	☺ Mat Pilates 8:30-9:25	Cycle 8:30-9:20	Cycle 9:00-9:50
				Cycle 9:30-10:20	☺ Zumba! 9:00-9:55	☺ Strictly Strength 9:00-9:55
Circuit Challenge 9:30-10:25	Cardio Kickboxing 9:30-10:25	Vinyasa Yoga 9:30-10:25	☺ Club Cardio 9:30-10:25	☺ Zumba 9:30-10:25	Cycle Interval Challenge 9:30-10:20	☺ Yoga and Meditation 10:00-11:15
Cycle 9:35-10:25			☺ Hatha Yoga 10:30-11:30		☺ Barre Sculpt 10:00-11:00	
☺ Barre Sculpt 10:30-11:30	☺ Mat Pilates 10:30-11:30	Total Body Conditioning 10:30-11:30		☺ Strictly Strength 10:30-11:25		
			☺ PrimeTime Fitness 12:00-12:45			
☺ Slow Flow Yoga 12:00-1:00	☺ PrimeTime Fitness 12:00-12:45	☺ Long and Lean 12:00-1:00	Unwind 12:45-1:00	☺ Gentle Yoga 12:00-1:00	<p style="text-align: center;"><b>Club Hours</b>                      Mon – Fri 5:30 am – 9:30 pm                      Sat 8:00am – 6:00pm                      Sun 8:00 – 5:00pm</p> <p style="text-align: center;"><b>Kid's Club Hours</b>                      Mon – Fri                      8:15am – 1:00pm                      *closed* 1-4pm                      4:00pm -8:30pm</p> <p style="text-align: center;">Sat 8:15 – 2:00pm                      Sun 9:00am – 12:30pm</p> <p style="text-align: center;">☺ Indicates classes suitable for all                      fitness levels</p>	
	Unwind 12:45-1:00					
Total Body Conditioning 4:30 – 5:25	☺ All Levels Yoga 4:30-5:25	Kickboxing Circuit 4:30-5:25	☺ Zumba 4:30-5:25			
	Cycle 5:30-6:25		Kickboxing 5:30-6:25			
☺ Hatha Yoga 5:30-6:25	☺ Zumba 5:30 – 6:25	Total Body Conditioning 5:30-6:25		Total Body Conditioning 5:00-5:55		
Cycle 6:00 – 6:50		Cycle 6:00 – 6:50		☺ Zumba! 6:00 – 7:00		
☺ Zumba! 6:30-7:25			☺ Strictly Strength 6:30-7:25 *NEW*			
☺ Pilates 7:30-8:30	☺ Strictly Strength 6:30-7:30	☺ Zumba 6:30-7:30				

### CLASS ETIQUETTE

Cellphones restricted to lobby.

Classes can be cancelled due to low attendance.

Do not enter a class more than 5 minutes late.

New cycle participants should arrive 10 minutes early for correct bike setup

**CARDIO STEP** - A classic aerobic workout using the step for the intermediate to advanced stepper.

**CARDIO INTERVAL** - This high energy class combines segments of cardiovascular training with functional strength training for a balanced total body workout.

**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.

**CYCLE INTERVAL CHALLENGE** - Challenge your body with high intensity intervals on the bike. This intermediate to advanced class uses cycling drills to take your workout to the next level.

**CARDIO KICKBOXING** - Kick and punch your way to a leaner, stronger, fit body with this intense heart pumping cardiovascular workout. Both low and high impact options are offered.

**KICKBOXING CIRCUIT**- This class combines cardio kickboxing with sports conditioning and strength moves for a super charged total body workout.

**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 in one exciting hour of calorie-burning, body-energizing, fun.

**PRIMETIME 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 fitness program, combining cardiovascular endurance, muscular strength, flexibility and balance while learning to safely work within your limitations.

**CLUB CARDIO** - If you love to dance, this class is for you – even if you think you have two left feet! This energetic and easy-to-follow class offers intensity options and modifications, making it perfect for all levels. You are sure to break a sweat with a smile...come get your groove on with us!

**CIRCUIT CHALLENGE** - Get ready for a fast-paced total body workout! You will move through various cardiovascular and strength training stations for a fun, heart pounding total body blast. This high intensity workout will help reshape your body head to toe!

**INTERVAL EXPRESS** - This express workout will get you strong and toned while torching calories. Using timed intervals, this class combines strength training and cardiovascular conditioning for maximum results in a minimum amount of time.

**TOTAL BODY CONDITIONING** - Total body strength training moves paired with athletic cardio will tone your body and challenge your endurance.

**STRICTLY STRENGTH** - This class incorporates a variety of different equipment to help you develop lean muscle mass and improve your strength.

### **MIND BODY CLASSES**

**ALL LEVELS YOGA** - This practice will help develop strength, flexibility and balance offering options and modifications for all levels.

**SLOW FLOW YOGA** - This slower paced practice links breath with movement to increase range of motion, flexibility and balance while decreasing mental and physical stress.

**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.

**GENTLE YOGA** - This practice is less strenuous, moves at a slower pace and offers help with balance, flexibility and mobility of the joints and connective tissue.

**VINYASA FLOW YOGA** - Looking to step up your yoga practice? Move through flowing poses that build strength and stamina with a more vigorous, athletic approach.

**MAT PILATES** – Based on the techniques developed by Joseph Pilates, this class enhances flexibility, muscular strength, balance and posture with a special emphasis on the abdominal, low back and hip muscles.

**UNWIND** - This 15-minute class is dedicated to unfurling tight muscles to increase and enhance blood circulation, range of motion, relaxation and tension relief. The class teaches you different ways of stretching to leave feeling refreshed and rejuvenated.

**LONG AND LEAN** - This gentle approach to strengthening and stretching combines the principles of Pilates, Yoga and traditional strength training with stretching and flexibility work to create long, lean muscles. Perfect for those looking to develop functional strength or anyone looking for a fun new way to stretch, tone and relax.

**BARRE SCULPT**- Set to fun energetic music, Barre Sculpt combines the disciplines of core and strength conditioning, Pilates, Yoga and ballet. Each class incorporates strength training, isometric holds and deep stretches enhance your body composition. Perfect for every fitness level, modifications and adjustments are made to challenge everyone safely.

**BALLET BURN** - Using the principles of classical ballet, this class will tone and tighten every muscle while also providing a heart pumping, intense workout.