

Phone: 828.326.3680  
 Fax: 828.326.2101

## 2022 Group Exercise Class Schedule (rev 01.2022)

All classes are held in the Wellness Classroom in the building next door, unless otherwise stated

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>No Classes</b>
<b>Chair Yoga</b> 10:00a–10:45a	<b>Silver Circuit</b> 10:00a–10:45a	<b>Yoga Align</b> 10:00a–10:45a	<b>Chair Yoga</b> 10:00a–10:45a	
	<b>Balance Basics</b> 11:00a–11:45a			
	<b>Yoga Ease</b> 6:15p–7:00p			

### Additional Programs

**Focused Fitness Training:** Private sessions with one of our certified trainers is the best way to reach your goals. Your trainer will design and instruct you through an exercise program based on your medical history, goals, and assessment results. Our medically certified trainers are skilled working with a variety of clients including post-rehab, weight loss, athletic development, and much more. \*fee based service

**Private Swim Lessons:** Training by an experienced instructor to help infants (age 6 mo. + up to adult) gain swimming skills. Sessions are 30 minutes in length. \*fee based service



[www.facebook.com/CVMCFitnessPlus](http://www.facebook.com/CVMCFitnessPlus)

