



## March 2020

Alamance Regional: 1240 Huffman Mill RD. Burlington 27215

(Lower Level near cafeteria & rehab services)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am						★ Cardio + Core Beth (45min)
9:00am	 Shahane (45 min)	 Jill (45 min)	Fit and Strong! Joni (45 min)	 Shahane (45 min)	 Kendall (45 min)	
12:05pm	Total Toning Jill (45 min)	Barre Kendall (45 min)	Yoga Megan (45 min)	Barre Kendall (45 min)	Total toning Shahane (45 min)	
1:00pm		 Beth (45min)		 Kendall (45min)		
4:30pm	★ Pilates Beth (45 min)	★ Step Aerobics Beth (45min)			Yoga Jennifer (60 min)	
5:15pm		Total Toning Shahane (45 min)		Total toning Shahane (45 min)		
5:30pm	★ POUND! Jill & Brandy (45 min)		Yoga Jennifer (60 min) ★			

Classes marked with a "star" are beginner friendly!

[www.livelifewell.conehealth.com](http://www.livelifewell.conehealth.com)

Flip to see class descriptions

# Class Descriptions

Questions? Email [livelifewell@conehealth.com](mailto:livelifewell@conehealth.com) or call 336-586-3562

**Step:** Get it all in with this high-energy 45-minute class dedicated to cardio conditioning and muscle strengthening. This fun fusion class mixes basic aerobic step movements to get your blood pumping & muscle training to tone your entire body!

**Barre:** fuses the very best of pilates, yoga, aerobics, and strength training. You don't need to worry about dance experience. Barre above™ is barre for all bodies! Classes include modifications for any fitness level, so you can feel successful while achieving an amazing workout that will lengthen, strengthen and tone your body.

**Pound:** full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising.

**Yoga:** Focus on strength, mobility, and balance through this class while learning yoga poses with correct alignment and breath control. This is suitable for all fitness levels.

**Cardio & Core:** This class focuses on toning and defining your abs using cardio and core exercises to keep your heart rate elevated!

**Silver Sneakers/Silver & Fit:** A mixture of chair aerobics, strength, and flexibility. A great low impact option for everyone!

**Total Toning:** A total body workout using weights and cardio training techniques to improve endurance and help build you build strength.

**Fit and Strong:** Combines flexibility, strength and aerobic exercises seated or standing. A great low impact option!

**Pilates:** low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.