



Fitness Classes



Enjoy WPRD's fitness classes to get into shape, relax and have fun.

Group Strength Training (Ages 18+)

Activity #: 617235-26, 27

Date: Monday (1/23-2/27), (3/13-4/17)

Time: 9am-10am

Fee: \$23 R \$26 NR

Location: Gym Court C

Register by: 1/16, 3/6

The benefits of weight training include keeping you stronger and fitter, disease prevention, and improved mood. Weight training improves the quality of your life as you gain body confidence. Strength training will not only make you strong, but will also help with managing your weight. In this class, we will tone all major muscle groups with the use of hand weights and resistance bands. All ages and fitness levels are welcome. Please bring a matt and hand weights to class. **Instructor:** Myla Annis



Curve Yoga (Ages 18+)

Activity #: 617235-19, 24

Date: Monday (1/9-2/20), (2/27-4/3)

*No class 1/16

Time: 5:30pm-6:30pm

Fee: \$23 R \$26 NR

Location: Arts & Crafts Room

Register by: 1/3, 2/20

Students of all experience levels are welcome in this class, including beginners, where the focus is on proper alignment and modifications for plus size bodies and embracing, loving and honoring those bodies. Jessi creates classes that are accessible to and accepting of anyone who attends. Please bring a thick mat or 2-3 mats to stack to class. **Instructor:** Jessica Edwards

Activity #: 617235-20, 25

Date: Thursday (1/12-2/16), (3/2-4/6)

Time: 5:30pm-6:30pm

Fee: \$23 R \$26 NR

Location: Lord Fairfax Room

Zumba (Ages 12+)

Time: Monday & Thursday, 6:30pm-7:30pm

*No class 12/26-1/6

Fee: Included with facility membership

Drop-in: \$5 R \$5.50 NR

Location: Social Hall, War Memorial Building

Zumba is the hottest dance party workout today. It will not even feel like working out while you Zumba. It is a total body workout using the most popular music that makes you feel good. Zumba burns calories, tones muscles, and improves balance and incorporates a full range of motion.

Instructor: Amanda Floyd

Yoga (Ages 18+)

Starting Date: Tuesday, November 29

Time: Tuesday, 8am-9am & Thursday, 8:30am-9:30am

*No class 11/22, 11/24, 12/20, 12/22, 12/27, 12/29, 1/3, 1/5, 3/7, 3/9

Fee: Included with facility membership

Drop-in: \$5 R \$5.50 NR

Location: Recreation Room

Restoration, rejuvenation, renewal. Imagine quiet breathing, soft music, guided meditation as deep calm and stillness washes over you. This is called restorative yoga. Now imagine inviting the mind into a conscious form of a deep meditation. This class is in intended to induce full body relaxation.

Instructor: Jeff Hollar



In the Water

Lifeguard Classes

Call (540) 662-4946 ext. 1825 for details.

Fee: \$225 R \$250 NR

*Minimum three students per class

December 13-22

May 2-11

May 16-25

Tuesday and Thursday, 6pm-10pm

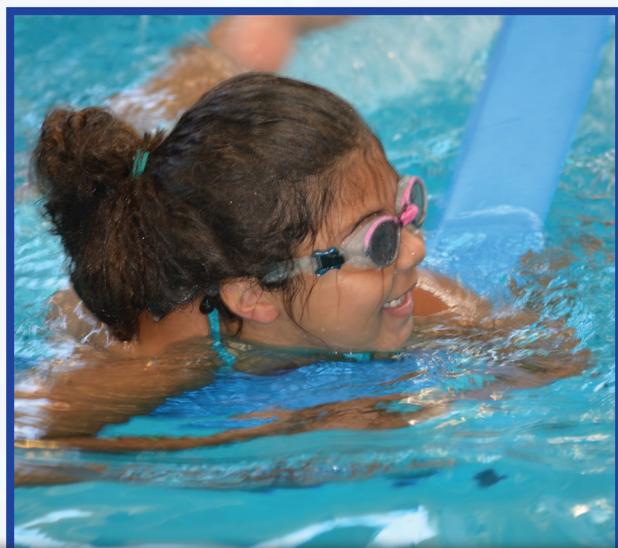
Saturday and Sunday, 9am-5pm

March 6-10

Monday-Friday, 6pm-10pm

April 10-14

Monday-Friday, 6pm-10pm



Aquatic Fitness Classes



Aqua Arthritis

This aquatics program is designed to help reduce pain, increase strength and flexibility, and decrease the feeling of isolation through social interaction. This Aquatic Arthritis class, led by a certified instructor, is designed to be a fun, safe way for people with arthritis to stay fit and improve their day-to-day life.

Times: Tuesdays and Thursdays, 11am-Noon

Fee: Included in facility membership

Drop-in: \$5 R \$5.50 NR

Location: Jim Barnett Park, Indoor Pool

Instructor: Emily Kulp

Water Aerobics

Tone and sculpt your body with no impact on your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights, noodles, and kickboards. Taught by a certified instructor, water exercises help increase your energy, stamina, and strength.

Times: Mondays and Wednesdays, 10am-11am

Tuesdays and Thursdays, 7pm-8pm

Fee: Included in facility membership

Drop-in: \$5 R \$5.50 NR

Location: Jim Barnett Park, Indoor Pool

Instructors: Myla Annis & Emily Kulp

Water Yoga

Water Yoga is a fun and effective practice that adapts traditional yoga postures in a gentle and low impact aquatic environment. Poses simultaneously help students develop strength, static balance, renewed energy, increase range of motion, and a sense of relaxation.

Time: Tuesdays and Thursdays, 9am-10am

Fee: Included in facility membership

Drop-in: \$5 R \$5.50 NR

Location: Jim Barnett Park, Indoor Pool

Instructor: Jessica Edwards