



Alamance Regional Medical Center

Group Exercise Schedule

1240 Huffman Mill Rd Burlington, NC 27215

Directions: Enter through the Medical Mall entrance. There are a set of elevators on the left side. Take the elevator down to Lower Level. Exit the elevator and follow the long corridor down to the WellZone on your right.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Silver Sneakers with Brandy 9:15 AM	Silver Sneakers with Brandy 9:15 AM* (hybrid)	Silver Sneakers with Emoni/DJ 9:15 AM	Silver Sneakers with Brandy 9:15 AM* (hybrid)	Silver Sneakers with Brandy 9:15 AM* (hybrid)	
				Line Dancing with Brandy 12:00pm	Resistance Bands with Brandy 12:15 PM	
		Slow Flow Yoga with Jennifer 4:30 PM				
	Pound with Jill 5:30 PM	Barre with Brandy 5:30 PM		Pound with Jill 5:30 PM		

*class is also virtual and can be accessed on our virtual calendar [Employee Exercise & Fitness | Cone Health](#)

Did you know June is **Well-being Month** at Cone Health? To celebrate, those who attend at least four (4) group exercise classes either virtually or in-person throughout June will be entered to win a \$25 visa gift card! Simply sign in as you arrive or log into Webex. Group exercise classes are conveniently located in [Greensboro, Burlington, or virtually.](#)

All classes are 45 minutes



Class Descriptions:

Barre- It engages muscles with and without weights you wouldn't normally target—ones deep inside your body that squats, lunges, and sit-ups don't reach. With high-reps and low-impact movements, barre challenges anyone looking to fine-tune their muscles—no ballet experience required.

Pound- is a **full-body workout** combining the fun of drumming and different types of sweat-dripping exercises. It includes a ripstix to create light resistance and combines strength-training, cardio with Pilates and yoga movements.

Line Dancing- This class is great for beginners and for people that have no experience line dancing. The goal is to make sure you have the most fun! We move at the comfortable pace to make sure you can master the dances we are teaching.

Resistance Bands- A mixture of aerobics, strength, and flexibility. All fitness levels are welcomed!

SilverSneakers- SilverSneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.

Slow Flow Yoga- Become stronger, leaner, and centered during this low impact class. Designed to calm the mind, relax the body, and ease the soul. A class suitable for all fitness levels.

All classes are 45 minutes