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# Alamance Regional Medical Center

## November Group Exercise Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Silver Sneakers with Brandy <b>9:15 AM</b>	Silver Sneakers with DJ <b>9:15 AM*</b> (hybrid)	Silver Sneakers with Brandy <b>9:15 AM</b>	Silver Sneakers with Brandy <b>9:15 AM*</b> (hybrid)	Silver Sneakers with Brandy <b>9:15 AM*</b> (hybrid)	
	Chair Yoga with DJ <b>10:30 AM</b>		Chair Yoga with DJ <b>10:30 AM</b>		Chair Yoga with DJ <b>10:30 AM</b>	
	Cycle With Brandy/DJ <b>4:30 PM</b>	Yoga With Lisa <b>4:30 PM</b>	Total Strength with DJ <b>4:30 PM</b>			
	Pound with Jill <b>5:30 PM</b>	Total Toning with DJ <b>5:30 PM</b>	Barre with Brandy <b>5:30 PM</b>	Cycle with DJ <b>5:30 PM</b>		

**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.

\*Hybrid - Class is also virtual and can be accessed on our virtual calendar [Employee Exercise & Fitness | Cone Health](#) or by scanning QR Code



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### **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.

**Chair Yoga-** Practiced either sitting down or using a chair for support, Chair Yoga is designed to mindfully increase range of motion while meeting the members where they are. This class is ideal for those with limited mobility or healing from injury.

**Cycle-** Take bike indoors to a whole new level! We will take you through a muscular and cardiovascular endurance workout with bike sprints, hill climbs and more while listening to some upbeat music. Come in and enjoy this low impact, high cardio workout with us.

**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.

**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.

**Total Strength-** Designed to create a stronger, leaner and more balanced musculature. Strength work may include a variety of equipment such as dumbbells, barbells and resistance tubing while working out to high-energy music. Open to all fitness levels!

**Total Toning-** This is a class designed to maximize your power and strength in a controlled workout. Improving your agility, while also building up your endurance through a series of high-energy drills. This class incorporates bodyweight movements as well as weighted movements with resistance bands, dumbbells, and barbells. We encourage all levels of experience to try the class!

**Yoga –** Unwind and rejuvenate with our Gentle Flow Yoga class, designed for all levels. This class focuses on mindful movement, connecting breath with each posture to improve flexibility, balance, and strength. With a slower pace, it's perfect for beginners or anyone looking to reduce stress and find calm. Each session ends with a soothing relaxation moment, allowing you to leave feeling centered and refreshed.