



August Green Valley Group Exercise Schedule

719 Green Valley Road, Greensboro, NC

The Group Exercise room is located on the first floor. Classes are free for any Cone Health employee and family member!

Monday	Tuesday	Wednesday	Thursday	Friday
Pilates With Sandy/Liz/Puja 12:15PM	Pilates + Stretch With Liz 12:15PM		Pilates + Stretch With Liz 12:15PM	Restorative Yoga With Rebecca/Puja 12:15 PM
 ZUMBA® With Yzetta 5:30 PM	 ZUMBA® With Yzetta 5:30 PM	<i>Pumped Up</i> STRENGTH With Sandy 5:30 PM No Class Aug 5	Turn & Burn With Sandy 5:30 PM No Class Aug 6	
	Slow Flow Yoga With Grayson 6:30 PM	Pilates With Sandy 6:30PM No Class Aug 5		

Schedule changes and updates are announced on our employee Facebook group. [LiveLifeWell at Cone Health | Facebook](#)



Class Descriptions

Pilates: A low-impact workout focused on core strength, flexibility, and posture using controlled movements on a mat.

Slow Flow Yoga: A gentle, mindful yoga class that links breath with slow, continuous movements to build strength and relaxation.

Zumba: A dance fitness class that combines Latin and global music with fun, easy-to-follow choreography.

Pumped Up Strength: A high-energy, full-body resistance training workout that pairs foundational movement patterns with upbeat music. It builds lean muscle and boosts metabolism by using dynamic, rhythmic combinations that work the upper and lower body simultaneously.

Turn & Burn: A combination of cycling and strength training. You'll alternate between riding the spin bike and stepping off for targeted strength-building exercises.

Restorative Yoga: A deeply relaxing class that uses props, stretching, and long-held poses to reduce stress and promote recovery.