

Vanderbilt Dayani Center Telehealth Group Fitness Classes
AUGUST 2020

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00 Cardio Strength With Susan Click here to join	9:30-10:30 Cardio Strength With Susan Click here to join	9:30-10:30 Balance Tone and Stretch With Susan Click here to join	9:30-10:30 Cardio Strength With Susan Click here to join	9:30-10:30 Basic Flexibility and Balance With Susan Click here to join
10:30-11:15 Total Body Strength With Angie Click here to join	10:30 - 11:30 Gentle Yoga Flow With Susan Click here to join	10:30-11:15 Upper Body Strength With Angie Click here to join	10:30-11:30 Seated Stretch & Mindful Breathing With Susan Click here to join	10:30-11:30 Gentle Yoga Flow With Susan Click here to join
11:15-11:45 Core and More With Angie Click here to join	12:00-12:55 Fortify With Angie Click here to join	11:15-12:00 Lower Body Strength With Angie Click here to join	12:00-12:55 Fortify With Angie Click here to join	12:00-1:00 Total Body Strength With Angie Click here to join
	1:00-1:30 Stretch and DeStress With Angie Click here to join		1:00-1:30 Let's Get Mobile With Angie Click here to join	1:00-2:00 Stretch and Tone With Angie Click here to join

Class Descriptions - Classes are adaptable to all fitness levels

Balance Tone and Stretch: This Class is designed to help with balance and to stretch tight muscles. We will use props you have around your house including a sturdy chair placed against the wall or on a secure, non-skid surface.

Basic Flexibility and Balance: Combines movement with stretches and toning exercises. Using a chair for balance and simple props like scarves or belts, tennis balls, and a dictionary (or a yoga block), students practice a series of simple balance exercises including leg swings, knee lifts which may be combined with opposing arm movements. Props to assist in stretches and loosening those "knots" primarily in shoulders, upper back and the soles of your feet.

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Cardio Strength: This class will assist you in maintaining muscle strength in arms, legs and core using light dumbbells, soup cans, or body weight. We begin with a rhythmic warmup to gently raise core temperature. We end with a moment of quiet reflection evoking a sense of peace.

Core and More: 30 minutes devoted to your core. Strengthen and Stabilize these foundational muscle groups, including under emphasized muscles, surrounding your mid-section and back. This class also provides an educational component to help you understand muscle activation for better movement throughout your day.

Fortify: low impact therapeutic exercise class focused on joint stabilization and corrective exercise. Great for beginners, those with weight bearing restrictions, and anyone who wants to learn how to strengthen the muscles around specific joint structures such as the hips, knees, and shoulders to help prevent injury, alleviate pain and increase mobility. This class also provides an educational component to help you understand muscle activation for better movement throughout your day. Must have the ability to lay flat on the floor.

Gentle Yoga Flow: This class combines basic yoga poses that flow logically from one to the other giving you a full body stretch along with strength gains in the core.

Let's get mobile: A gentle range of motion movement class, focused on low intensity, large range of motion movements to increase joint health and blood flow. Ideal for people looking for a very low impact way to begin moving the body. The controlled, large range of motion movements would also serve those who struggle with rigidity, have recovered from joint replacement, battle arthritic pain, have a condition that affects mobility, such as Parkinson's, or simply want to enjoy getting to move the body.

Lower body strength: This class is designed for those who want to improve lower body strength and gain cardiovascular fitness. Attention is paid to alignment and balance of opposing muscle groups. Movements can be performed standing or sitting.

Seated Stretch & Mindful Breathing: This gentle stretching class is done primarily from a seated position. No equipment needed other than a sturdy chair placed against the wall or on a secure, non-skid surface such as a sticky yoga mat.

Stretch and DeStress: let's breath through COVID. Stretch and Destress. Participants will benefit if able to come to a mat or table, however, anyone can join as seated modifications are readily available.

Stretch and tone: a more advanced stretching class for those that want to feel the burn. This class uses positions with eccentric muscle contraction to strengthen muscles while working to improve balance and mobility.

Total body strength: A 45-minute cardio and strength-based class designed to help you gain functional strength. Combines resistance bands, low weights, and body weight with functional movement exercises to help you build the strength and endurance you need to stay strong and active in your everyday life. Must have resistance band at home.

Upper body strength: This class is designed for those who want to improve upper body strength and gain cardiovascular fitness. Attention is paid to alignment and balance of opposing muscle groups. Movements can be performed standing or sitting. Must have resistance band at home.

- On 2 class days, there will be a 5-minute buffer i.e. bathroom break between classes. However, the instructor will open the link promptly at the stated start time. Participants can use this time to ask questions or let our instructors know of any specific needs.
- Resistance bands can be purchased at a variety of sporting good stores in person or online.