

Vanderbilt Dayani Center Telehealth Group Fitness Classes
January 2022

Unlimited Classes

Monday	Tuesday	Wednesday	Thursday	Friday
9:30-10:30 Cardio Strength with Susan Click here to join	9:30-10:30 Cardio Strength with Susan Click here to join	9:30-10:30 Standing Core with Susan Click here to join	9:30-10:30 Cardio Strength with Susan Click here to join	9:30-10:30 Pilates for All with Susan Click here to join
	10:30-11:30 Gentle Yoga Flow with Susan Click here to join			10:30-11:30 Gentle Yoga Flow with Susan Click here to join

Unlimited Classes

\$80 for unlimited participation in the above classes only

No limitation in participation

Class Descriptions

- **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.
- **Pilates for All:** This mat-based Pilates workout is designed to strengthen core muscles while improving postural alignment and flexibility. No special equipment is needed other than a mat. Those who have difficulty getting up and down off the floor can perform the movements from a seated position.
- **Standing Core:** This ballet-based workout is designed to strengthen the core muscles of the trunk. No special props are needed other than a sturdy chair for balance assistance. All movements are done from a standing position to target our deep core muscles.
- **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.