

Vanderbilt Dayani Center Telehealth Group Fitness Classes  
2022

**Unlimited Classes**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>9:30-10:30</b> Cardio Strength with Susan <a href="#">Click here to join</a></p>	<p><b>9:30-10:30</b> Cardio Strength with Susan <a href="#">Click here to join</a></p>	<p><b>9:30-10:30</b> Standing Core with Susan <a href="#">Click here to join</a></p>	<p><b>9:30-10:30</b> Cardio Strength with Susan <a href="#">Click here to join</a></p>	<p><b>9:30-10:30</b> Pilates for All with Susan <a href="#">Click here to join</a></p>
	<p><b>10:30-11:30</b> Gentle Yoga Flow with Susan <a href="#">Click here to join</a></p>			<p><b>10:30-11:30</b> Gentle Yoga Flow with Susan <a href="#">Click here to join</a></p>

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**\$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.