

WELLNESS CLASS INFORMATION / MAY 2023

Contact Instructor for More Information

YOUR FIRST FITNESS CLASS is FREE

BARRE

Fridays, 8:30am / 3D Fitness / Upstairs Studio

This is a gentle blend of Pilates, Yoga and Ballet for toning, core strength, flexibility, balance, and relaxation. For all Fitness Levels.

CARDIO FIT 30 **NEW!**

Thursdays 11:45AM / Body Balance with V / Upstairs Studio

Take 30 minutes out of your day, have some fun, and get in some much-needed exercise for your heart muscle! This class is suitable for ALL! We provide modifications and advancements to meet everyone's needs. This class is quick. It's targeted.

IN PERSON, ZOOM or Weekly RECORDED CLASS option

CORE 30

Friday's at 11:45am / Body Balance with V / Upstairs Studio

Core strength is something all of us need some focus on for better balance, less joint pain, and better movement. Take a quick 30 minutes out of your week to be intentional about getting stronger in your middle! Appropriate for all levels. Chair modifications provided if you can't be on the floor.

MIND BODY FIT

Thursdays, 8:00am / Body Balance with V / Upstairs Studio

Mind Body Fit is a class that combines some of the components of yoga with some essential core strength, balance, posture and stability exercises that all of us need. This is a class that is appropriate for all levels of fitness

IN PERSON, ZOOM or Weekly RECORDED CLASS option

PIYO

Tuesday, 9:30am / Patsy / Upstairs Studio

Mix of pilates and yoga. Stretch and tone while strengthening the core. Moderate level class. Yoga mat needed.

STRETCH 30

Wednesdays, 11:45am / Body Balance with V / Upstairs Studio

Take 30 minutes out of your day and get in some much needed (and often ignored) stretching to address tightness, pain, and mobility. Appropriate for all levels and chair modifications provided if you can't be on the floor.

STRETCH and FIT

Tuesdays, 8:15am / Patsy / Upstairs Studio

Stretch, tone and strengthen the body using gentle yoga postures. Standing and floor exercises. Yoga mat needed. All levels.

YOGA

Chair Yoga / Wednesday 8:00am / Debbie / Upstairs Studio

Mat Yoga / Thursday 10:15am / Debbie / Upstairs Studio

Chair Yoga / Thursday 1:00pm / Debbie / Upstairs Studio

Modifications are made to suit individual needs. Please bring water and any equipment you may need.

20-20-20

Tuesdays, 9:00am / 3D Fitness / LSide Ballroom *(Zoom available)*

Wednesdays, 1:00pm / 3D Fitness / Upstairs Studio -- **BEGINNER**

Fridays, 9:30am / 3D Fitness / Upstairs Studio *(Zoom available)*

Fridays, 10:30am / 3D Fitness / Upstairs Studio – **BEGINNER**

This is a Basic Fitness class for all fitness levels. This class covers it all, if you need to drop a few pounds, strengthen your core, improve your balance, become more flexible, and improve your overall strength, this class is for you!

WATERBUGS (Water Aerobics) *NO CHARGE

Mondays, Wednesdays, Fridays, 7:30am & 9:00am / Pool

Other Fitness/Health Options

NORDIC POLE-WALKING INSTRUCTION SESSIONS

Body Balance with V / Contact to set-up an appointment

"Nordic pole walking is a low impact activity that is suitable for most. When using the correct technique, Pole walking is an incredible full body exercise that promotes results! Walking with the poles recruits up to 90% of your muscles as you use your arms to move the poles, your core muscles to stabilize your body, and your legs to propel yourself forward. This activity also improves balance, posture, flexibility, and endurance without oversteering your joints."

NUTRITION COACHING

Team V trainer, Kenzie, who also holds a degree in dietetics, is now offering Nutrition Coaching Programs. She wants to help you ***DITCH DIETS*** and learn how to ***REACH YOUR GOALS THROUGH BETTER LIFE/FOOD BALANCE.***

Get help with weight management, a stronger body, more energy, better reports at the doctor's office, and a better quality of life.

Choose from **6-Week or 12-week Coaching Program** *(with an option to continue monthly coaching after your initial program).*

Programs Include:

- Weekly check-ins with your coach
- Guidance on eating habits
- Education on foods that are working for or against you
- Eat Love food app access
- Accountability and tips for life balance with food
- Facebook group support

INTRO SPECIAL: \$25 off 6-Week Program; \$50 off 12-Week Programs

Contact Body Balance with V for more information

Other Fitness/Health Options (continued)

MASSAGE WELLNESS

Tuesdays, 9-Noon / Body Balance with V / Flex Room

- * **Therapeutic massage** to address your pain (*promoting circulation, addressing scar tissue, trigger points, and tight muscles, increasing range of motion*)
- * **Guidance on appropriate exercises and lifestyle habits** (*such as posture, sleeping positions, walking stance and more*) related to your issue
- * **Holistic healing alternatives** to pain

Vanessa Hampton is a Licensed Massage Therapist and a Fitness Professional, and has been working with the Del Webb community for 10 years doing personal training and group fitness classes. She has massage therapy offices both in Mt. Juliet and Brentwood. Now she is bringing all of her knowledge and skills together to help you feel better and move better!

Contact: Body Balance with V to schedule.

United States Masters Swimming (USMS)

Tuesdays - Coached sessions at the indoor pool.

8:00 AM - 8:45 AM for Intermediate and Advanced Skill Levels

8:45 AM - 9:30 AM for Beginner Skill Levels

9:30 AM – 10:00 AM for Learn-to-Swim

Thursday and Saturdays - Non-coached designated Club swim times

8:00 AM - 10:00 AM

30 days (approximately 4 coached sessions) at no cost on a trial basis.

If after 4 coached sessions you wish to continue, the only cost is a \$60 USMS annual membership fee.

Contact: Grace Moran 203-218-1089 grace929@aol.com or Gary Germeraad 815-622-4201 gegermeraad@gmail.com

LINE DANCING CLASSES

Tuesdays / Left-side Ballroom / Mike Yatsinko

Beginner 10:30AM – 11:45AM

Improvers 12:00PM – 1:15PM

NEW SERIES begins MAY 2nd

BALLROOM DANCING

Tuesdays / Upstairs Studio / Debbie Sullivan

Beginner 10:30AM – 11:45AM

Intermediate 11:30PM – 1:15PM

PERSONAL TRAINING

Body Balance with V

Team V Trainers: Vanessa, Laura & Kenzie

ONE-on-ONE PERSONAL TRAINING

We are here to help you move better, feel better, do this life better. Strength, balance, mobility, post-rehab,...whatever your needs. Contact us for FREE Consultation!

We also offer 12 Week Programs for BALANCE/FALL PREVENTION

See below for Contact Information

PERSONAL TRAINING with Denise (3D Fitness)

If you have specific goals, or just want to improve your health and wellbeing, you may want to consider **One-on-One Training**. I can help you to achieve better balance, better body composition, overall strength, train your core, or with post-rehab.

For a FREE CONSULTATION, see below for Contact Information.

CONTACT INFORMATION

FITNESS

Body Balance with V ----- bodybalancewithv@gmail.com / 615-519-3528

Debbie Baxter ----- Debbie_hoffman_502@yahoo.com / 615-758-4152

3D Fitness / Denise Davis - denisedavis1027@gmail.com / 615-948-8539

Patsy Fortenberry ----- patsyfortenberry@gmail.com

BALLROOM DANCE

Debbie Sullivan ----- deborah778@comcast.net

LINE DANCE

Mike Yatsinko ----- meydal@aol.com

MASSAGE

Body Balance with V ----- bodybalancewithv@gmail.com / 615-519-3528

MASTERS SWIMMING

Grace Moran ----- grace929@aol.com / 203-218-1089

Gary Germeraad ----- gegermeraad@gmail.com / 815-622-4201