

BEULAH M. WILEY FITNESS CENTER

25892 N. James Madison Hwy, New Canton, VA 23123

2025

CLASS INFORMATION



CLASSES

Visit www.cvhsinc.org/wiley-fitness-center for the updated calendar.

20-20-20 Fitness	<u>1</u>
Belly Dancing	<u>2</u>
Senior Strength & Tone Fitness	<u>3</u>
Yoga (Vinyasa)	<u>4</u>

CONTACT

For more information contact Deborah Tyson,
Fitness Administrator at debbietyson@cvhsinc.org
or 434-581-3271 ext 10601.

20-20-20 Fitness

Tuesdays | 6 PM

Our 20-20-20 fitness class is for people of all fitness levels. It includes cardio exercises, conditioning, kickboxing, aerobics, and more!

Fee:

Free for members of the gym

Non-members: \$7/class



Belly Dancing

Wednesdays | 4 PM

Instructor: Sakina Sawtelle

This unique form of dance tones your core, improves balance, and promotes healthy organs all while having a ton of fun! The instructor will teach you the basic moves then you will progress to learning the basics of belly dance. Feel free to grab your skirts and your friends or just come as you are and join in on this exciting new class!

Fee:

Free for members of the gym

Non-members: \$7/class



Senior Strength & Tone

Thursdays | 11 AM

This class is designed for seniors who wish to increase their strength, improve muscle tone, and/or maintain their overall health.

Students will work at their own pace to achieve their individual goals and will have the option to utilize small hand weights and resistance bands for strength training. Class will conclude with ten minutes of stretching to increase flexibility.

Fee:

Free for members of the gym

Non-members: \$7/class



Vinyasa Yoga

Wednesdays | 6 PM

Vinyasa yoga is a dynamic style of yoga that emphasizes the flow of movement between poses, synchronized with the breath. The word "vinyasa" comes from Sanskrit. It means "to place or arrange in a special way," and in yoga, it refers to the intentional sequencing of poses.

Feel free to bring your own mats!

Fee:

Free for members of the gym

Non-members: \$7/class

