



APlace to Heal, Inc.

106 W. Main Street Sophia, WV 25921

November 2018

Mon	Tue	Wed	Thu	Fri
"SS" = Silver Sneakers"			1 7:15-8am Yoga 8:30-9:30am Line Dancing 10-11am CANCELLED 4:30-5:30 Variety Fitness 5:30-6:30pm MIXfit 6:30-7:30pm MIXfit beginners	2 9-10am SS Circuit 10-10:30am SS Yoga 4:30-5:15pm CANCELLED 5:30-7pm Fitness Boot Camp
5 9-10am SS Circuit 10-10:30am SS Yoga 4:30-5:30 Variety Fitness 5:30-7pm Fitness Boot Camp	6 7:15-8am CANCELLED 8:30-9:30am CANCELLED 10-11am SS Classic 5:30-7:30pm CANCELLED	7 9-10am SS Circuit 5:30-7pm Cardio Step	8 7:15-8am CANCELLED 8:30-9:30am Line Dancing 10-11am SS Classic 4:30-5:30 Variety Fitness 5:30-6:30pm MIXfit 6:30-7:30pm MIXfit beginners	9 9-10am SS Circuit 10-10:30am SS Yoga 4:30-5:15pm Yoga 5:30-7pm Fitness Boot Camp
12 9-10am SS Circuit 10-10:30am SS Yoga 4:30-5:30 Variety Fitness 5:30-7pm Fitness Boot Camp	13 7:15-8am CANCELLED 8:30-9:30am Line Dancing 10-11am SS Classic 5:30-7:30pm MIXfit	14 9-10am SS Circuit 5:30-7pm Cardio Step	15 7:15-8am Yoga 8:30-9:30am Line Dancing 10-11am SS Classic 4:30-5:30 Variety Fitness 5:30-6:30pm MIXfit 6:30-7:30pm MIXfit beginners	16 9-10am SS Circuit 10-10:30am SS Yoga 4:30-5:15pm CANCELLED 5:30-7pm Fitness Boot Camp
19 9-10am SS Circuit 10-10:30am SS Yoga 4:30-5:30 Variety Fitness 5:30-7pm Fitness Boot Camp	20 7:15-8am Yoga 8:30-9:30am Line Dancing 10-11am SS Classic 5:30-7:30pm CANCELLED	21 9-10am SS Circuit 5:30-7pm Cardio Step	22 CLOSED HAPPY THANKSGIVING	23 CLOSED For Holiday
26 9-10am SS Circuit 10-10:30am SS Yoga 4:30-5:30 Variety Fitness 5:30-7pm Fitness Boot Camp	27 7:15-8am Yoga 8:30-9:30am Line Dancing 10-11am SS Classic 5:30-7:30pm MIXfit	28 9-10am SS Circuit 5:30-7pm Cardio Step	29 7:15-8am Yoga 8:30-9:30am Line Dancing 10-11am SS Classic 4:30-5:30 Variety Fitness 5:30-6:30pm MIXfit 6:30-7:30pm MIXfit beginners	30 9-10am SS Circuit 10-10:30am SS Yoga 4:30-5:15pm Yoga 5:30-7pm Fitness Boot Camp

BEGINNER CLASSES

- **SS Classic** - Move to the music through exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing and balls are offered for resistance. Chairs available if needed for support.
- **SS Yoga** - Yoga will move your whole body through a series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

INTERMEDIATE CLASSES

- **SS Circuit** - Fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-help weights, elastic tubing and a ball is alternated with low-impact aerobic choreography. A chair for standing support, stretching and relaxation exercises.
- **Line Dancing** - A variety of dance styles with fun music which a group of people perform together with a sequence of dance moves in unison.
- **MIXfit** - This explosive workout features current dance moves choreographed to today's hottest beats!!! We add in some old school aerobic moves and free weight toning for a great MIX! Work at your own pace; we take anyone who is willing to get up and move! Let go and become a MIXfit!
- **Variety Fitness** - A class designed for men and women with a mixture of strengthening exercise for upper and lower body and core with weight resistance as well as agility drills, tabata, palates and stretches.
- **Yoga** - A perfect way to start your morning or relax at the end of your day. Designed for all levels; we will work on flexibility and balance, all while building strength. You will walk away feeling more balanced and energized.

ADVANCED CLASSES

- **Fitness Boot Camp** - Physical training class that mixes traditional callisthenic and body weight exercises with interval and strength training. This workout targets all your muscles. Get stronger and more toned.
- **Cardio Step** - A fun, calorie blasting class incorporating combinations and choreography to create an exciting, non-stop cardio workout. This class gets your heart pumping and your muscles working.

Hours:

Mondays, Wednesdays & Fridays

7am to 10pm

Tuesdays & Thursdays

7am to 8pm

Saturdays

9am to 12pm

Sunday - CLOSED

PH: 304.683.6123

FAX: 304.683.6127

info@APlaceToHealInc.com