

Vanderbilt Dayani Center Telehealth Group Fitness Classes
June 2020

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00 Cardio Strength Click here to join	9:30-10:30 Cardio Strength Click here to join	9:30-10:30 Balance Tone and Stretch Click here to join	9:30-10:30 Cardio Strength Click here to join	9:30-10:30 Flexibility and Balance Click here to join
	10:30 - 11:30 Gentle Yoga Flow Click here to join		10:30-11:30 Seated Stretch & Mindful Breathing Click here to join	10:30-11:30 Gentle Yoga Flow Click here to join

Class Descriptions - Classes are adaptable to all fitness levels

Balance Tone and Stretch: This Class is designed to help with balance and to stretch tight muscles. We will use props you have around your house including a sturdy chair placed against the wall or on a secure, non-skid surface.

Basic Flexibility and Balance: Combines movement with stretches and toning exercises. Using a chair for balance and simple props like scarves or belts, tennis balls, and a dictionary (or a yoga block), students practice a series of simple balance exercises including leg swings, knee lifts which may be combined with opposing arm movements. Props to assist in stretches and loosening those "knots" primarily in shoulders, upper back and the soles of your feet.

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.

Seated Stretch & Mindful Breathing: This gentle stretching class is done primarily from a seated position. No equipment needed other than a sturdy chair placed against the wall or on a secure, non-skid surface such as a sticky yoga mat.

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.

On 2 class days, there will be a 5-minute buffer i.e bathroom break between classes. However, Susan will open the link promptly at the stated start time. Participants can use this time to ask specific questions or let our instructors know of any special needs, etc.