



# SpaFit Group Exercise Classes

Everyone of all fitness levels  
are welcome to attend our classes.

**HVCC Azalea Room**

**\$15.00 / class**

*Drop-ins are welcome. Multiple class packages are available.*

## YOGA

**Mondays 5:15 - 6:15 p.m.**

**Thursdays 9:00 - 10:00 a.m.**

Our Yoga class will take you through a series of floor and standing poses that are designed to enhance your body's performance through developing your core, upper and lower body strength, flexibility, toning and balance while creating a peaceful mind. Yoga is designed to harmonize the mind and body and is appropriate for all ages and fitness levels.



## PILATES

**Mondays & Fridays 8:15 - 9:15 a.m.**

Pilates is a body conditioning routine that helps build flexibility, strength, endurance, and coordination in our legs, abdominals, arms, and back. Improve posture, balance and body alignment. Develop long, lean, and tone muscle.

## BARRE-Lates

**Wednesdays, 8:15 - 9:15 a.m.**

An exceptional regime of ballet, Pilates, strength and flexibility training using a ballet barre. This total body conditioning technique has been intertwined to create an intense workout, guaranteed to transform and sculpt your entire body!

*SpaFit fitness classes are open to HVCC members and non-members.*



**540-389-BFIT(2348)**

**[www.BeSpaFit.com](http://www.BeSpaFit.com)**