

2026 SUMMER LAND CLASSES

JUNE 1 - AUGUST 29

All classes are held in the Fitness Classrooms at Oak Valley Center unless specifically noted

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00a Spin (Melissa) <i>New Class Time!</i>	8:15a Total Body Strength (Amanda/Dariss)	8:00a Spin (Melissa)	8:15a Barre Burn (Dariss) <i>NEW</i>	8:15a Pedal & Pump (LeeAnne W.)	
9:30a Cardio Beats (Joanne) *gymnasium*	9:30a Rucking Fitness *50* (Amanda) *Rec & Ed Lobby* (Starting June 30th) <i>It's Back!</i>				9:00a Body Blast (Rotating Instructors)
9:30a Silver Sneakers Circuit (Kristen)	9:30a Yoga for All (Susan)	9:30a Silver Sneakers Circuit (Kristen) *gymnasium*	9:30a Kick, Lift & Core (Kristen)	9:30a Silver Sneakers Circuit (Kristen) *gymnasium*	
10:45a Pilates *50* (Amanda/Dariss)	10:45a Silver Sneakers Classic (Susan)	10:30a Yoga for All (Susan)	10:45a Silver Sneakers Circuit (Kristen)	10:30a Better Backs Yoga (Rachel)	



6:00p Total Body Strength (Renee)	6:00pm Slow-Flow Yoga (Rita) <i>NEW</i>	6:00p Pedal & Pump (Wendy)	6:00p Total Body Strength (Renee)
7:00p Slow-Flow Yoga (Heather)	7:00pm Boot Camp (Leanne T.)	7:00p Gentle-Yin Yoga (Mary) *Thru June ONLY*	7:00p Pilates *50* (Renee)

**Class
Registration**



NO CLASS:
July 4th

**Oak Valley is located at
4200 White Oak Trail, Commerce Township 48382**

Class Descriptions

Intensity scale: 1- lowest intensity; 5- highest intensity

Barre Burn (3-4): Combines elements of Pilates and functional, high repetition strength training, to sculpt, slim and stretch your entire body. Please bring a yoga mat.

Better Backs Yoga (2): Stretch and strengthen in this beginner yoga class. Poses focus around strengthening the core muscles of the back, glutes, and abdominals, while improving core strength, flexibility, balance, and posture. Please bring a yoga mat.

Body Blast (4-5): This workout is focused on both the strength and cardio components of a total body conditioning class. Designed to change weekly, this routine will provide a challenge by switching up equipment or muscle group focus to help achieve an "all-over" better you! Suited for all ability levels as modifications are provided.

Boot Camp (4-5): High endurance class combining strength, cardio and conditioning. Designed to shed fat while building strength, endurance and power. Get ready to push your limits in this full body workout!

Cardio Beats (3-4): Take drumming to a whole new level! Enjoy this fun, total body cardio class that will make you sweat, smile and maybe even dance a little! Great for beginners and fitness fanatics alike. Ball, base & drumsticks are provided.

Gentle-Yin Yoga (2): Combine the mindfulness and flexibility of a Gentle Yoga practice with the longer held postures of Yin Yoga. A great class for anyone with the desire to release tension and stiffness. Please bring a yoga strap and mat. (Through June only).

Kick, Lift & Core (4-5): Join us for this combo class that incorporates cardio kickboxing combinations to boost endurance and coordination, muscle-toning strength exercises, plus focused core training. Non-impact modifications are always provided for any jumping movements which makes this a win-win for every fitness level.

Pedal & Pump (1-3): 35 minutes of endurance riding geared to increase metabolism with 20 minutes of body sculpting exercises, concentrating on upper body and core.

Pilates *50* (3-4): This 50 minute class will challenge your body in a whole new way by incorporating low-impact flexibility, muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance. This is a floor-based class, please bring a yoga mat.

Rucking Fitness *50* (1-5): Build functional strength and endurance in this 50 minute, military-inspired, workout. Rucking combines walking/hiking with weighted backpacks (or vests) for a low-impact, full-body exercise that strengthens legs, core and cardio fitness. Please wear comfortable shoes and bring a backpack or weighted vest. (This class will be held OUTDOORS starting 6/30, weather permitting).

Silver Sneakers Circuit (3): Standing, low-impact aerobics, alternated with body strength building exercises. It's the perfect class to increase balance, stability, coordination in a fun and safe environment. Chairs are incorporated for added balance support and safety.

Silver Sneakers Classic (1-2): Move through exercises designed to increase muscular strength, range of motion and activities for daily living. Weights, tubing and a Silver Sneakers ball are provided for resistance.

Slow-Flow Yoga (2-3): Cultivate a deep connection between mind, body, and breath in this slow-paced yoga flow session. Moving at a speed that allows you to truly feel each movement, you will be guided through traditional flow sequences and poses held for several breaths to enhance flexibility, strength, and mindfulness. This class meets you where you are with modifications incorporated for all levels and abilities. Please bring a yoga mat and a blanket.

Spin (1-3): The ultimate, non-impact cardio class featuring high energy music, accountability and motivation on stationary bikes.

Total Body Strength (4-5): This full- body strength workout emphasizes the basics of functional strength training. The class primarily focuses on weight training using free weights, resistance bands and barbells, while also incorporating core work intervals.

Yoga for All (2): This practice includes a focus on strength, flexibility, balance, breath and mindfulness. Modifications/variations are provided so each participant has opportunity for growth. Per Mayo Clinic, yoga aids in improving nervous system function (lowering HR, improving digestion and quality of sleep, and strengthening the immune system), while improving joint range of motion, dynamic balance and decreasing the risk of falling. Please bring a yoga mat.



For questions, please contact
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Check out our website for more information regarding
memberships, aquatic classes, pool info and more!
<https://hvs.arux.app/poolsandfitness>