2026 Fall Land Classes

August 31st-November 28th

All classes are held at Oak Valley Center: 4200 White Oak Trail, Commerce Township 48382

Monday

8:00am	Spin	Melissa	Spin Room
9:30am	Cardio Beats	Joanne	Gymnasium
9:30am	Silver Sneakers Circuit	Kristen	Fitness Classroom
10:45am	Pilates	Amanda	Fitness Classroom
6:00pm	Total Body Strength	Renee	Fitness Classroom
7:00pm	Slow-Flow Yoga	Heather	Fitness Classroom

Tuesday

8:15am	Total Body Strength	Amanda	Fitness Classroom
9:30am	Rucking Fitness (thru 10/27)	Amanda	Rec & Ed Lobby
9:30am	Yoga for All	Susan	Fitness Classroom
10:45am	Silver Sneakers Classic	Susan	Fitness Classroom
NEW TIME! 5:30pm	Slow-Flow Yoga	Rita	Fitness Classroom
7:00pm	Boot Camp	Leanne T.	Fitness Classroom

Wednesday

8:00am	Spin	Melissa	Spin Room
8:15am	Pilates NEW!	Amanda	Fitness Classroom
9:30am	Silver Sneakers Circuit	Kristen	Gymnasium
4:30pm	Barre Power Mix	Dariss	Fitness Classroom
6:00pm	Pedal & Pump	Wendy	Spin Room
7:00pm	Yin Yoga	Mary	Fitness Classroom

Thursday

NEW TIME! 8:15am	Kick, Lift & Core	Kristen	Fitness Classroom
NEW TIME! 9:30am	Silver Sneakers Circuit	Kristen	Gymnasium
9:30am	Yin Yoga NEW!	Susan	Fitness Classroom
10:45am	Silver Sneakers Classic NEW!	Susan	Fitness Classroom
6:00pm	Total Body Strength	Renee	Fitness Classroom
7:00pm	Pilates	Renee	Fitness Classroom

Friday

8:15am	Pedal & Pump	LeeAnne W.	Spin Room
9:30am	Silver Sneakers Circuit	Kristen	Gymnasium
10:30am	Better Backs Yoga	Rachel	Fitness Classroom

Saturday

9:00am	Body Blast	Rotating Instructors	Fitness Classroom

No Class:
September 7th
October 21st (evening)
November 26th & 27th

For Registration:

CLICK HERE

Class Descriptions

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

Barre Power Mix (3-4): Combines mixed elements of Pilates, dance, yoga and functional training, in each energizing and targeted workout to sculpt, slim and stretch your entire body. Most classes incorporate the use of a chair for standing movements with the focus on high repetitions in small ranges of motion. 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.

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 (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 (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 strengths legs, core and cardio fitness. Please wear comfortable shoes and bring a backpack or weighted vest. *This class will be held OUTDOORS thru 10/27, weather pending.

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 "relaxed" pace yoga flow session. We will gradually move through traditional flow sequences to enhance flexibility, strength and mindfulness. Modifications are incorporated into each class. Please bring a yoga mat.

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.

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.

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 Kristen.Rickens@hvs.org

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