

# Group Fitness Classes

# CLASS DESCRIPTIONS

FOR QUESTIONS PLEASE CALL 770-793-7300

## CARDIO

**BARRE®:** Set to upbeat music (to keep you motivated), our 60-minute class starts with a warm up and sequence of upper-body exercises using light free weights, pushups and plank. It's here that we target the biceps, triceps, shoulder, chest and back muscles. Then we move into a series of ballet-inspired moves which concentrates on thighs and glutes – which we then stretch.

**Cardio Fusion:** Thirty minutes of cardio mixed with MMA moves, athletic training and loads of fun!

**Cardio Kickboxing:** Take your workout to another level with this 60-minute high energy cardio class! It includes a combination of kicks, boxing and plyometrics. Be prepared to sweat!

**PowerBox:** This 75-minute class will test your strength as well as your martial art skills. A combo of Boxing and Muscle Madness!

**Step & Tone:** A combination of step aerobics and toning exercises. A great class to "mix it up"!

**Tri-Fit:** Mix it up with step aerobics, body sculpting and some high-intensity interval training. Various muscle toning equipment will be used from week to week.

**ZUMBA®:** ZUMBA is a fusion of Latin and International music and dance themes that creates a dynamic and exciting fitness program. This class is great for individuals at any fitness level.

## STRENGTH

**30 x 30 Mix:** This class includes two exercise components (cardio and muscle toning) – an excellent choice if you're looking for lots of variety!

**Cardio Strength/Cardio Tone:** This is a fun, high-intensity interval training workout designed to get your heart pumping and muscles working. Using steps, dumbbells, and bar weights, each class will focus on several rounds of exercise designed to tone your entire body as well as improve your cardio conditioning. Whether you are a beginner or a pro, you will benefit from this class!

**Chiseled Abs & More:** 60 minutes of abs and more!

**Circuit Works:** You want high intensity workouts made fun? Work, sweat and burn those unwanted calories off while getting in the best shape of your life! Let's go!

**Core Blast:** Thirty minutes of blazing core training to build a stronger foundation!

**Group Power:** Your hour of Power! Blast your muscles with this high rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses and curls with functional integrated exercises.

**Muscle Madness/Total Body Strength & Conditioning:** This workout is an excellent total body muscle conditioning class. It utilizes various conditioning tools, such as tubing, dumbbells, medicine balls, weighted bars and more. Come enjoy 60 minutes of pure strength training and conditioning!

**Performance Plus:** Ready to take your skill set to the next level? Performance Plus challenges you to build speed and fire up those fast twitch muscle fibers. A one-mile run will put the finishing touches on improving your cardiovascular endurance. Every class will be a different group of exercises and every class will challenge you every step of the way!

**R.I.P.P.E.D:** The One Stop Body Shock where you will find yourself immediately locked into this high intensity workout. It combines easy, yet effective cardiovascular routines interlaced with weights, and resistance work. R - Resistance, I - Intervals, P - Power, P - Plyometrics, E - Endurance, and D – Determination will get your body moving!

**SCULPT:** Free-weight and dumbbell workout with focus on specific muscle groups in each class. SCULPT provides an array of training principles: S – Speed, C – Cardio, UL – Unilateral, P – Power, T – Training.

## MIND/BODY

**Beginning Hatha Yoga:** Hatha Yoga is the most widely practiced form of yoga in America. Learn the basic principles of Hatha Yoga, and practice the poses with clear instructions and emphasis on correct alignment to build a strong foundation for a lifelong practice. Yoga helps restore range of motion, improve circulation, reduce pain, and increase strength and balance while clearing and calming your mind. Let's get started!

**Dynamic Vinyasa Flow:** An intermediate to advanced class, recommended for those with prior yoga experience who are physically active. It is an energetic form of vinyasa flow based on the Ashtanga Yoga tradition, designed to improve overall strength, fluidity, cardiovascular conditioning, focus and balance. Some postures will be repeated or held longer to help strengthen your core and generate heat. Challenge your body and your mind!

**Flex & Stretch:** A yoga-inspired stretch class to release tight muscles, reduce pain from injuries and relieve stress from the body and mind. Breath work, stretching and guided relaxation will rejuvenate your body, increase range of motion and improve your posture.

**Gentle Yoga & Yoga Stretch:** A slow-paced, gentle, yoga-inspired class to relieve tension and stress from the body and mind. Experience a variety of yoga postures that will stretch and strengthen muscles and tissues and increase range of motion. Breathing techniques and guided meditation are used to relax the nervous system. All postures are on the mat; no standing poses.

**Group Centergy:** Group Centergy will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. REDEFINE YOURSELF!

**Pilates / Power Pilates:** Develop core strength, flexibility and awareness as you strengthen mind, body and spirit!

**Beginning Tai Chi / Tai Chi / Tai Chi II:** Tai Chi is a mind-body practice with roots in ancient China. It is designed to cultivate the body's vital energy (known as "chi") and improve the flow of this energy through the body. Through movement, meditation and breath, participants learn to enhance and increase this energy and direct its flow. Gentle, graceful, repeated movements, sometimes known as "moving meditations," are the crux of this class.

**Slow Vinyasa Flow:** This is an intermediate level of yoga characterized by a continuous, progressive sequence of poses linked together by the breath, paced slowly enough to focus on correct alignment and form. Integrating the principles of Iyengar Yoga (alignment) with Ashtanga Yoga (dynamic) you will be sure to build strength, fluidity and focus while improving cardiovascular conditioning. Prior yoga experience is recommended.

**Yin/Yang Fusion Flow:** Appropriate for beginners to experienced, this class combines seated and standing poses, breath work and meditation. Yin yoga includes deep stretches to increase flexibility and improve circulation in the joints. Yang yoga includes moving from one pose to the next to energize and warm the body, building strength and balance. Beginners will safely learn the basics and modifications while more experienced students can take the postures to deeper levels. Great for after a long, busy day or week!

**Yin Yoga (all levels):** Bring balance to your workout through deep stretching to gain muscle flexibility and mobility in the joints. Poses will be held for extended periods of time while relaxing and allowing gravity to release the connective tissue resulting in greater muscle movement and range of motion in the joints.

## SPECIALTY

**Fit Generation (Fit Gen) I & II:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, aerobic fitness and range of movement. Fit Gen I classes utilize chairs for seated and/or standing support, if needed. Fit Gen II classes are more vigorous.

**Therapeutic Chair Yoga:** Designed for people with arthritis, chronic pain, or other conditions which may cause limited mobility. Chair yoga offers a safe, fun and controlled approach to those who may not otherwise be able access the healing benefits of yoga. Enjoy increased wellness, improved movement patterns, pain management, better balance, mental clarity and peace of mind. Let the healing begin!