

# Group Fitness Classes

FOR QUESTIONS PLEASE CALL 770-793-7300

# CLASS DESCRIPTIONS

## CARDIO

**BARRE®:** *With upbeat music, our 60-minute class starts with a warm up and sequence of upper-body exercises with light free weights, pushups and planks. We target the biceps, triceps, shoulders, chest and back muscles. Then we move into a series of ballet-in-spired moves which concentrates on thighs and glutes. We finish with a series of core exercises on the floor and a group of stretches to increase flexibility which restores muscle recovery.*

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

**Kick Step:** *This class has the perfect fusion of kick boxing and aerobic step that is easy on the joints, burns calories, and keeps you motivated to come back for more! Be prepared to sweat!*

**PowerBox:** *This 75-minute class will test your strength as well as your martial art skills. It's the perfect combination of Boxing and Muscle Madness!*

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

**Tri-Fit:** *The ultimate trifecta of step aerobics, body sculpting and some high-intensity interval training. Various muscle toning equipment will be used from week to week.*

**ZUMBA®/ZUMBA Power®:** *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. ZUMBA Power adds weights to your dance routine to burn more calories!*

## 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 exercises 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!*

**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 cardio-vascular 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:** *Whether you are new to yoga or want to strengthen your foundation, this class is for you. You will be given clear instructions for correct alignment for all the basic poses, how to use your breath, and how to strengthen and lengthen your muscles to restore your body's full range of motion. Hatha Yoga's basic principles help improve circulation, reduce pain, and increase strength and balance while focusing and calming your mind. This class will help you build a strong foundation for a lifelong practice. 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 and poses 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.*

**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:** *Pilates is a conditioning fitness class that focuses on body alignment and breathing. The exercises cover all core powerhouse muscle groups: abdominals, lower back, shoulders, thighs, and glutes. To further challenge those core muscle groups, step up to Power Pilates!*

**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!*