

Group Fitness

CLASS DESCRIPTIONS

FOR QUESTIONS PLEASE Email: healthplace@wellstar.org

CARDIO/STRENGTH/CORE

BARRE®: With upbeat music, our 50-minute class starts with a warmup 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-inspired 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.

Pilates - Controlled exercise movement performed on a mat or standing designed to strengthen the core "powerhouse." It improves flexibility, strength, endurance, range of motion and posture. It emphasizes alignment, breathing and improving coordination and balance. Pilates allows for different exercises to be modified in range of difficulty from beginner to advanced or any other level taking into consideration specific goals and/or limitations. Various equipment can be used such as light weights, small/large ball, foam roller, Pilates ring, strap or chair.

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

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!

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!

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!

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.

Slow Flow & Stretch Yoga: Flow based mat yoga that elevates the heart rate followed by deep, restorative stretch. Modifications provided.

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!

Gentle Yoga: Appropriate for everyone at any level. We move at a slower pace so this is a great option for beginners. Take note, this class is gentle but not easy. You will stretch, strengthen, and practice balance poses. We begin seated in a chair and then move to standing positions and finally move to the floor. Many modifications are offered, and you can perform floor exercises in the chair.

Stretch and Tone: Want to get off the couch but not on the floor? This 45 min class includes 5 min of warm-up and then different types of stretches with some light toning exercises. Let's stretch out to increase flexibility, improve balance, help joint health, reduce muscle tension, decreases risk of injury, avoid fall risk, and more!