

GROUP FITNESS CLASS DESCRIPTIONS

Wellstar Highland Athletic Club

FOR QUESTIONS PLEASE EMAIL: highlandathleticclub@wellstar.org

Mind/Body/Balance

Center and Balance: *This beginner friendly class involves light to deep stretching, leaving you feeling long, loose, and in a meditative state. Class routines are very gentle on the body and will aide in alleviating muscle soreness while helping to improve overall performance.*

Restore: *Reset and rebuild by working to release major muscle groups of the entire body. Enjoy deep stretching, foam rolling and bring your body back to a relaxed and rejuvenated state.*

Strength and Stretch: *This class is a combination of fast paced flows that will force you to slow down your mind. Each class goes through a variety of dynamic movements, with a focus on our breathing to help guide our body through more difficult poses. This class can be intense, but the constant movement and deep focus makes it fly by! Breathe, focusing the mind and power through the stress of your day with unique muscle producing flows!*

Stretch and Tone: *This class combines deep stretching and strength building with a variety of muscle burning poses, alongside calisthenics' style training to give you a nice active recovery. Come focus on your strength, mobility, balance, and endurance!*

SPECIALTY

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

Silver sneakers Classic: *this class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-help weights, elastic tubing with handles and a Silver Sneakers ball. Often a chair is used for seated exercises or standing support.*

Cardio/Strength/Core

Cardio Strength: *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!*

Cardio Tone: *Cardio tone is a mix of lighter weights, at a higher intensity. In this upbeat and fast paced class, we focus on strength and cardio to build both endurance as well as power. Come sweat away the fat and boost those endorphins in a fun and challenging way!*

Muscle Madness: *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 and conditioning.*

Total Body: *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*

Quick Cardio HIIT: *Pressed on time for a workout? Join us for this quick, 45-minute workout that focuses on interval training combined with high intensity exercises to give you a total body workout that pushes you to your limit and leaves you walking out feeling empowered and stronger.*

Tabata: *Is a high intensity interval training class that combines sets of fast paced exercises, performed for 20 seconds with a brief 10 second rest. Each class will end with an active recovery routine to help participants improve their overall performance.*

**Don't See a Class you are looking for?
Let us know!**

Email: highlandathleticclub@wellstar.org
Phone: 404-265-4759

We are always looking for feedback on group fitness classes to better accommodate our members!

Monday- Friday 4:45AM-9:00PM

Saturday & Sunday 8:00AM-5:00PM