

GROUP FITNESS CLASS DESCRIPTIONS

Wellstar Health Place

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.*

Music & Movement: *Feel the rhythm as you move to promote emotional, social, cognitive, and physical integration of the individual, for the purpose of improving overall health and well-being.*

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.*

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: *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 Yoga: *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.*

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 after a long, busy day or week!*

Yoga Nidra: *Restore the mind and muscles by allowing them to relax while being guided through a sleep meditation.*

Yoga Roots: *Learning and understanding self-awareness and the uniting of mind and body – the roots of yoga through guided poses meditation and mindfulness in a community setting.*

Strengthen and Stretch Yoga: *This is a medium paced class that includes poses (static and flowing) to build strength and complemented by an extended session of deep stretching techniques. This class is appropriate for people who can get on the floor of all levels of experience.*

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

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