

# GROUP FITNESS CLASS DESCRIPTIONS

# Wellstar Health Place

FOR QUESTIONS PLEASE EMAIL: [healthplace@wellstar.org](mailto:healthplace@wellstar.org)

## CARDIO/STRENGTH/CORE

**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.*

**Cardio-Kickboxing HIIT-** *Kickboxing training is a full body, high intensity workout. Jump in with us for 60 minutes of kickboxing inspired drills that will challenge your cardio endurance and push you to the edge! This includes power, speed, and agility training like you're getting ready to step into the ring.*

**Fit Body Bootcamp:** *From warm-up to cool down this 60-minute class will keep you moving and sweating through circuit-based interval training designed to challenge and improve your cardiovascular endurance, muscular strength and core stability, and flexibility. Battle ropes, medicine balls, bands, and kettlebells are just some of the equipment we will use to level up your functional fitness.*

## 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!*

**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.*

**Restorative Yoga:** *This very gentle class is appropriate for everyone, at any level of experience. A great option for beginners, seniors, and as an add on to another class. We will practice yoga poses (plus breathing, meditation) on a chair, with props on the floor, and end in a deep state of relaxation. MANY modifications will be given, and floor poses can be modified for the chair.*

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

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