

# 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.*

**Barre:** This low impact, moderate intensity class will give you a great workout without being too tough on your joints. It utilizes the ballet bar, resistance bands, light weights, and various other small pieces of equipment. There is a focus on small, controlled movements and pulses that work all muscles including the tiny ones! You'll receive strength, cardio flexibility, and balance all in one low impact high reward class.

## 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.*

**Group Power:** *Group Power will blast all your muscles with a 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. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! POWER UP!*

## 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.*

**Meditation and Yoga Nidra:** *This class focuses on practices that calm and focus the fluctuations of the mind and relaxes the nervous system. We will explore different kinds of meditation, breathwork, and Yoga Nidra (yogic sleep). Yoga Nidra shifts the brain into a state of regeneration and repair. Meditation can relieve anxiety, depression, improve attention, concentration, and overall wellbeing. This class is open to everyone and can be modified for those unable to get on the floor.*

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

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