


Group Fitness Classes

April/May/June 2024


FOR QUESTIONS, PLEASE CALL 770-793-7300 or visit wellstarfitness.org

YOGA ROOM 1: UPSTAIRS

Please note: Class times are 60 minutes unless otherwise noted. Instructors and classes are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:45 AM (50 min) Therapeutic Stretch and Core Dawn ♥♥		8:45 AM (50 min) Therapeutic Stretch and Core Dawn ♥♥	8:45 AM (45 min) Deep Stretch & Meditation Carolyn ♥	7:00 AM Yin Yoga Meg ♥♥	9:00 AM (75 min) Dynamic Vinyasa Flow Vicki ♥♥♥	
10:00 AM (50 min) Fit Generation I Jarrett ♥	10:00 AM (75 min) Restorative Yoga Carolyn ♥	10:00 AM (50 min) Fit Generation I Jarrett ♥	10:00 AM (75 min) Restorative Yoga Carolyn ♥	10:00 AM (50 min) Fit Generation I Lynn ♥	10:30 AM (75 min) Yoga for EveryBody Vicki ♥♥	
11:30 AM Fit Generation II Jarrett ♥♥	11:30 AM (75 min) Yoga Strength/ Flow Carolyn ♥♥	11:30 AM Fit Generation II Jarrett ♥♥	11:30 AM Fit Generation II Patti ♥♥	11:30 AM Fit Generation II Lynn ♥♥		
	1:00 PM (45 min) Deep Stretch & Meditation Carolyn ♥			1:00 PM (75 min) Yoga Strength/ Flow Carolyn ♥♥		2:00 PM (75 min) Slow Vinyasa flow Vicki ♥♥
	4:00 PM Pilates Gi ♥♥♥	3:30 PM Barre Danielle S. ♥♥		My I Club QR Code and Link Here		
5:00 PM (75 min) Dynamic Vinyasa Flow-Vicki ♥♥♥	5:30 PM (60 min) Yin Yoga Meg ♥♥	5:00 PM (75 min) Beginning Hatha Yoga Vicki ♥♥	5:30 PM Pilates Gi ♥♥♥	<h2>Wellstar Health Place</h2>		
6:30 PM (75 min) Yoga for EveryBody Vicki ♥♥		6:30 PM (75 min) Slow Vinyasa Flow Vicki ♥♥		<ul style="list-style-type: none"> ♥ Lower Level Intensity Class ♥♥ Medium Level Intensity Class ♥♥♥ Higher Level Intensity Class 		

AEROBICS ROOM 2: DOWNSTAIRS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM Group Power Jen ♥♥♥		5:30 AM SCULPT Lydia ♥♥♥		5:30 AM SCULPT Jen ♥♥♥		
7:00 AM Cardiac Rehab Room unavailable	8:45 AM Muscle Madness Lydia ♥♥♥		8:45 AM Muscle Madness Lynn ♥♥♥	8:45 AM Cardio Strength Lydia ♥♥♥		
11:00 AM (90 min) Rock Steady Boxing	11:00 AM (60 min) Rock Steady Boxing	11:00 AM (90 min) Rock Steady Boxing	11:00 AM (60 min) Rock Steady Boxing	11:00 AM (90 min) Rock Steady Boxing		
	12:30 PM (60 min) Rock Steady Boxing		12:30 PM (60 min) Rock Steady Boxing			
4:00 PM Muscle Madness Jordan ♥♥♥				My I Club QR Code and Link Here		
5:30 PM Cardio Tone Lynn ♥♥♥	5:30 PM Group Power Nausheen ♥♥♥		5:30 PM Group Power Nausheen ♥♥♥	<h2>Wellstar Health Place</h2>		
				<ul style="list-style-type: none"> ♥ Lower Level Intensity Class ♥♥ Medium Level Intensity Class ♥♥♥ Higher Level Intensity Class 		

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

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

GROUP FITNESS CLASS DESCRIPTIONS

FOR QUESTIONS PLEASE EMAIL: healthplace@wellstar.org

Wellstar Health Place

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, balance, 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.*

Yoga for EveryBody: *This is a basic Hatha Yoga class suitable for anyone who wants to improve their range of motion, heal an old injury, relieve stress, or improve their athletic performance. Emphasis in this class will be on breath work and mindful movements that will instill a sense of overall health and well being. Props and modifications will be used to assist each person in receiving the maximum therapeutic benefits of yoga.*

Yoga Strength/Flow: *This is a medium paced class that includes poses (static and flowing) to build strength, and complemented by an extended session of deep stretching. 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) 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.*

Deep Stretch & Meditation: *The Science of Stretch system is extremely beneficial for ATHLETES, YOGIS, and anyone who wants greater mobility and agility, and calms the nervous system. This is a deep muscular release class and NOT GENTLE YOGA but adaptable to most people through modifications. This is not suitable for people who are pregnant, have recent acute physical ailments, severe scoliosis. You will experience deep peace that will prepare you for a guided meditation session at the end of the class. The Meditation portion can be a stand-alone practice. (please enter class quietly).*

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