

Group Fitness Classes

Jan/Feb/March

FOR QUESTIONS PLEASE CALL 770-793-7300

2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am Group Power Jen ♥♥♥	5:30am Group Ride Jen ♥♥♥	5:30am SCULPT Lydia ♥♥♥	8:45am Muscle Madness Lynn ♥♥♥	5:30am SCULPT Jen ♥♥♥	8:30am Group Ride Jen ♥♥♥	2:00pm (75 min) Slow Vinyasa Flow Vicki ♥
7:00am Cardiac Rehab Room Unavailable	8:45am Muscle Madness Lydia ♥♥♥	7:15am (45 min) KO Conditioning Will ♥♥♥	10:00am (75 min) Restorative Yoga Carolyn ♥	8:45am Cardio Strength Lydia ♥♥♥	9:00am (75 min) Dynamic Vinyasa Flow Vicki ♥♥♥	
8:30am HIIT & Spin Nora ♥♥♥	10:00am (75 min) Restorative Yoga Carolyn ♥♥	8:30am (45 min) Spin Nora ♥♥♥	11:30am Fit Generation II Patti ♥♥	10:00am (50 min) Fit Generation I Lynn ♥	10:30am (75 min) Yoga for Everybody Vicki ♥♥	
10:00am (50 min) Fit Generation I Nora ♥	11:30am (75 min) Yoga Strength/Flow Carolyn ♥♥	10:00am (50 min) Fit Generation I Nora ♥	11:30am(45 min) Therapy Ball Self-Massage Carolyn ♥	11:30am Fit Generation II Lynn ♥♥		
11:30am Fit Generation II Nora ♥♥	1:00pm (45 min) Flexibility Training Carolyn ♥	11:30am Fit Generation II Nora ♥♥	12:15pm (45 min) Flexibility Training Carolyn ♥	1:00pm (75 min) Yoga Strength/Flow Carolyn ♥♥		
4:00pm Muscle Madness Jordan ♥♥♥	4:00pm Pilates Gi ♥♥♥	1:30pm Cardiac Rehab Room Unavailable	4:15pm (45 min) Group Centergy Nausheen ♥♥♥	4:30pm-6:30pm Open Play Pickleball		
5:00pm (75 min) Dynamic Vinyasa Flow Vicki ♥♥♥	5:30pm Yin Yoga Meg ♥♥	5:00pm (75 min) Yoga for Everybody Vicki ♥♥	5:30pm Pilates Gi ♥♥♥			
5:30pm Cardio Tone Lynn ♥♥♥	5:30pm Group Power Nausheen ♥♥♥	5:30pm Hip Hop Cardio Erica ♥♥♥	5:30pm Group Power Nausheen ♥♥♥			
6:30pm (75 min) Yoga for EveryBody Vicki ♥♥	6:45pm (45 min) Group Centergy Nausheen ♥♥♥	5:30pm Group Ride John ♥♥♥				
6:45pm-8:30pm Open Play Pickleball	5:30pm Group Ride John ♥♥♥	6:30pm (75 min) Slow Vinyasa Flow Vicki ♥♥				

My I Club QR
Code and Link
Here



Wellstar Health Place

- Yoga Room 1: Upstairs
- Aerobics Room 2: Downstairs
- Spin Room
- Racquetball Court

- 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

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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. 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.

Hip Hop Cardio: Hip Hop cardio is a combination of dance, cardiovascular endurance, strength and various movements to provide a full body workout experience.

KO Conditioning: Knockout Conditioning is a high-intensity boxing circuit class incorporating boxing combinations and strength exercises for a total-body workout. You'll refine your boxing techniques while boosting muscular endurance, improving agility, and enhancing overall strength. This class will challenge your stamina, increase your power output, and help you develop a strong foundation in both boxing and functional fitness.

Speciality

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

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. This class is a great choice for those new to 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.

Flexibility Training: This deep stretching session is designed to alleviate joint stiffness, reduce pain, and keep you moving! This class is for anyone looking to improve athletic performance and overall flexibility and as warm-up/cool-down for strength training.

Therapy Ball Self-Massage: Therapy balls help to alleviate physical pain and stress, improve athletic performance and range of motion by resetting your fascia (connective tissue) and hydrating muscles. You can also expect a calming effect for your nervous system, an overall sense of wellbeing.

Group Centergy: This class incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey

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