

# Group Fitness Classes

FOR QUESTIONS PLEASE CALL 770-793-7300

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

## July/Aug/Sep 2025



Indicates  
**NEW** class

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 ♥♥♥	9:00am Ballet Tone Jillian ♥♥♥
7:00am Cardiac Rehab Room Unavailable	6:45am (30 min) Group Core Tracey ♥♥♥	7:15am (45 min) KO Conditioning Will ♥♥♥	10:00am (75 min) Restorative Yoga Carolyn ♥	6:45am Group Power Tracey ♥♥♥	8:30am Group Fight Tracey ♥♥♥	12:30pm Group Active Aubry ♥♥♥
8:30am HIIT & Spin Nora ♥♥♥	7:15am (45 min) Group Fight Tracey ♥♥♥	8:30am (45 min) Spin Nora ♥♥♥	11:30am Strength&Core (Beg/Int) Patti ♥♥	8:45am Cardio Strength Lydia ♥♥♥	9:00am (75 min) Dynamic Vinyasa Flow Vicki ♥♥♥	2:00pm (75 min) Slow Vinyasa Flow Vicki ♥♥
10:00am Chair Yoga Cashe (starts 7/7) ♥	8:45am Muscle Madness Lydia ♥♥♥	10:00am Chair Yoga Cashe (starts 7/9) ♥	12:15pm (30 min) Flexibility Training Carolyn ♥	10:00am (50 min) Fit Generation I Lynn ♥	9:30am Group Active Tracey ♥♥♥	
10:00am (50 min) Strength&Core (Beg/Int) Nora ♥	10:00am (75 min) Restorative Yoga Carolyn ♥	10:00am (50 min) Strength&Core (Beg/Int) Nora ♥	4:15pm (45 min) Group Centergy Nausheen ♥♥♥	11:30am Fit Generation II Lynn ♥♥	10:30am (75 min) Yoga for Everybody Vicki ♥	
11:30am Strength&Core (Int/Adv) Nora ♥♥	11:30am (75 min) Yoga Strength/Flow Carolyn ♥♥	11:30am Strength&Core (Int/Adv) Nora ♥♥	4:15pm Group Fight Tracey ♥♥♥	12:30pm Gentle Motions Katie ♥		
4:00pm Muscle Madness Jordan ♥♥♥	12:30pm Gentle Motions Katie ♥	1:30pm Cardiac Rehab Room Unavailable	5:30pm Pilates Gi ♥♥♥	1:00pm (75 min) Yoga Strength/Flow Carolyn ♥♥		
5:00pm (75 min) Dynamic Vinyasa Flow Vicki ♥♥♥	1:00pm (30 min) Flexibility Training Carolyn ♥	4:15pm Group Active Aubry ♥♥♥	5:30pm Group Power Nausheen ♥♥♥	4:30pm Group Groove Aubry ♥♥♥		
5:30pm Cardio Tone Lynn ♥♥♥	4:00pm Pilates Gi ♥♥♥	5:00pm (75 min) Yoga for Everybody Vicki ♥				
6:30pm (75 min) Yoga for Everybody Vicki ♥	5:30pm Yin Yoga Meg ♥♥	5:30pm Hip Hop Cardio Erica ♥♥♥				
6:45pm Group Groove Aubry ♥♥♥	5:30pm Group Power Nausheen ♥♥♥	6:30pm (75 min) Slow Vinyasa Flow Vicki ♥♥				
	6:45pm (45 min) Group Centergy Nausheen ♥♥♥					

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

- Lowest Level Intensity Class
- Lower Level Intensity Class
- Medium Level Intensity Class
- Higher Level Intensity Class

My I Club QR  
Code and Link  
Here



## Wellstar Health Place

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

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

# GROUP FITNESS CLASS DESCRIPTIONS

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## Cardio/Strength/Core

**Pilates:** Pilates is a controlled exercise method performed on a mat or standing, focused on strengthening the core "powerhouse." It enhances flexibility, strength, endurance, range of motion, and posture, with exercises adaptable to all fitness levels and individual goals 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 that combines boxing and strength exercises for a total-body workout. It improves boxing skills, muscular endurance, agility, and strength. \*Boxing gloves recommended.

**Group Groove:** High-intensity cardio workout with a fusion of club, hip-hop, and Latin dance styles set to the hottest current hits! IF YOU CAN MOVE, YOU CAN GROOVE!

**Group Fight:** Group Fight is a high-energy cardio workout that builds total-body strength and improves coordination! This equipment-free class features MMA-inspired moves that will have you kicking, jabbing, jumping, and sweating to exhilarating music. FIGHT FOR IT!

## Strength

**Cardio Strength/Cardio Tone:** This high-intensity interval training class uses steps, dumbbells, and bar weights to tone your body and improve cardio conditioning. Suitable for all levels, it focuses on full-body exercises to get your heart pumping and muscles working.

**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.

**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.

**Strength & Core (Beg/Int):** This class starts with a gentle cardio warm-up, followed by full body strength exercises. With the use of weights, stability balls, and other equipment, it focuses on enhancing overall strength and core stability. This class is suitable for participants of all fitness levels.

**Strength & Core (Int/Adv):** This dynamic workout begins with a cardio warm-up before transitioning into a full body strength session. Utilizing a variety of equipment this class will focus on compound movements to build strength, improve core stability, and enhance functional fitness.

**Group Power:** Group Power is a high-rep weight training class using barbells, weight plates, and body weight to target all muscles. It combines squats, lunges, presses, and curls with functional exercises, set to dynamic music in a motivating group atmosphere to help you push your limits. POWER UP!

**Group Active:** Group Active is an energizing workout that boosts cardiovascular fitness, builds total-body strength, and improves balance and mobility. With the use of dumbbells, body weight, and a step, this class is ideal for all fitness levels and those seeking a more active lifestyle. ACTIVATE YOUR LIFE!

**Group Core:** A 30-minute workout with integrated exercises using your body weight, weight plates, a towel, and a platform to build a strong core from your shoulders to your hips. GET HARD CORE!

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

Revised 6.9.25

# Wellstar Health Place

## Mind Body

**Chair Yoga:** A gentle, low-impact yoga class performed seated or using a chair for support. This class focuses on improving flexibility, balance, strength, and relaxation through mindful movement and breathwork.

Perfect for beginners or anyone looking for a safe and accessible way to enjoy the benefits of yoga.

**Dynamic Vinyasa Flow:** This intermediate to advanced vinyasa flow class, based on Ashtanga Yoga, is designed for those with prior yoga experience. It improves strength, fluidity, cardiovascular fitness, focus, and balance, with repeated or held postures to strengthen the core and generate heat.

**Slow Vinyasa Flow:** This intermediate yoga class combines Iyengar's alignment principles with Ashtanga's dynamic flow, linking poses with breath at a slower pace to focus on alignment and form. It builds strength, fluidity, and focus while improving cardiovascular conditioning. Prior yoga experience is recommended.

**Yin Yoga:** This class focuses on deep stretching to improve muscle flexibility and joint mobility. Poses are held longer to relax and use gravity to release connective tissue, enhancing muscle movement and range of motion.

**Yoga for EveryBody:** This basic Hatha Yoga class is ideal for improving range of motion, healing injuries, relieving stress, and enhancing athletic performance. It focuses on breath work, mindful movements, and therapeutic benefits, with props and modifications to support all levels. Great for beginners.

**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 gentle class is suitable for all levels, including beginners and seniors. It includes yoga poses, breathing, and meditation with props, ending in deep relaxation. Modifications are provided, and floor poses can be adapted 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.

**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.

**Ballet Tone:** A low-impact, full-body conditioning class combining ballet, barre, and Pilates to sculpt lean muscles, improve flexibility, and enhance posture. Suitable for all fitness levels, it leaves you feeling strong, balanced, and energized.

## 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.

**Gentle Motions:** This beginner-friendly class is designed for those starting a new exercise routine, incorporating balance, strength, cardio, and core exercises. With both seated and standing options, this class is gentle on your joints while providing a low-impact, full-body workout.

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