

# 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.

## September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:30am</b> <i>Group Power</i> Jen ♥♥♥	<b>5:30am</b> <i>Group Ride</i> Jen ♥♥♥	<b>5:30am</b> <i>SCULPT</i> Lydia ♥♥♥	<b>8:45am</b> <i>Muscle Madness</i> Lynn ♥♥♥	<b>5:30am</b> <i>SCULPT</i> Jen ♥♥♥	<b>8:30am</b> <i>Group Ride</i> Jen ♥♥♥	<b>12:30pm</b> <i>Group Active</i> Aubry ♥♥
<b>7:15am</b> <i>Cardiac Rehab</i> Room Unavailable	<b>6:45am (30 min)</b> <i>Group Core</i> Tracey ♥♥♥	<b>7:15am (45 min)</b> <i>KO Conditioning</i> Will ♥♥♥	<b>10:00am (75 min)</b> <i>Restorative Yoga</i> Carolyn ♥	<b>6:45am</b> <i>Group Power</i> Tracey ♥♥♥	<b>8:30am</b> <i>Group Fight</i> Tracey ♥♥♥	<b>2:00pm (75 min)</b> <i>Slow Vinyasa Flow</i> Vicki ♥♥
<b>8:15am (30 min)</b> <i>Group Core</i> AJ ♥♥♥	<b>7:15am (30 min)</b> <i>Group Centergy</i> Tracey ♥♥♥	<b>8:15am (30 min)</b> <i>Group Core</i> AJ ♥♥♥	<b>11:30am</b> <i>Strength&amp;Core (Beg/Int)</i> Patti ♥♥	<b>8:45am</b> <i>Cardio Strength</i> Lydia ♥♥♥	<b>9:00am (75 min)</b> <i>Dynamic Vinyasa Flow</i> Vicki ♥♥♥	
<b>8:30am</b> <i>HIIT &amp; Spin</i> Nora ♥♥♥	<b>8:45am</b> <i>Muscle Madness</i> Lydia ♥♥♥	<b>8:30am (45 min)</b> <i>Spin</i> Nora ♥♥♥	<b>12:15pm (30 min)</b> <i>Flexibility Training</i> Carolyn ♥	<b>10:00am (50 min)</b> <i>Fit Generation I</i> Lynn ♥	<b>9:30am</b> <i>Group Active</i> Tracey ♥♥	
<b>8:45am (45 min)</b> <i>Group Blast</i> AJ ♥♥♥	<b>10:00am (75 min)</b> <i>Restorative Yoga</i> Carolyn ♥	<b>8:45am (45 min)</b> <i>Group Blast</i> AJ ♥♥♥	<b>4:15pm (45 min)</b> <i>Group Centergy</i> Nausheen ♥♥♥	<b>11:30am</b> <i>Fit Generation II</i> Lynn ♥♥	<b>10:30am (75 min)</b> <i>Yoga for Everybody</i> Vicki ♥	
<b>10:00am</b> <i>Chair Yoga</i> Cashe ♥	<b>11:30am (75 min)</b> <i>Yoga Strength/Flow</i> Carolyn ♥♥	<b>10:00am</b> <i>Chair Yoga</i> Cashe ♥	<b>4:15pm</b> <i>Group Fight</i> Tracey ♥♥♥	<b>12:00pm (30 min)</b> RSB Room Unavailable		
<b>10:00am (50 min)</b> <i>Strength&amp;Core (Beg/Int)</i> Nora ♥	<b>12:30pm</b> <i>Gentle Motions</i> Katie ♥	<b>10:00am (50 min)</b> <i>Strength&amp;Core (Beg/Int)</i> Nora ♥	<b>5:30pm</b> <i>Pilates</i> Gi ♥♥♥	<b>12:30pm</b> <i>Gentle Motions</i> Katie ♥		
<b>11:30am</b> <i>Strength&amp;Core (Int/Adv)</i> Nora ♥♥	<b>4:00pm</b> <i>Pilates</i> Gi ♥♥♥	<b>11:30am</b> <i>Strength&amp;Core (Int/Adv)</i> Nora ♥♥	<b>5:30pm</b> <i>Group Power</i> Nausheen ♥♥♥	<b>1:00pm (75 min)</b> <i>Yoga Strength/Flow</i> Carolyn ♥♥		
<b>12:00pm (30 min)</b> RSB Room Unavailable	<b>4:15pm</b> <i>Group Blast</i> AJ ♥♥♥	<b>12:00pm (30 min)</b> RSB Room Unavailable		<b>4:30pm</b> <i>Group Groove</i> Aubry ♥♥		
<b>4:00pm</b> <i>Muscle Madness</i> Jordan ♥♥♥	<b>5:30pm</b> <i>Yin Yoga</i> Meg ♥♥	<b>1:30pm</b> <i>Cardiac Rehab</i> Room Unavailable				
<b>5:00pm (75 min)</b> <i>Dynamic Vinyasa Flow</i> Vicki ♥♥♥	<b>5:30pm</b> <i>Group Power</i> Nausheen ♥♥♥	<b>4:15pm</b> <i>Group Active</i> Aubry ♥♥				
<b>5:30pm</b> <i>Cardio Tone</i> Lynn ♥♥♥	<b>6:45pm (45 min)</b> <i>Group Centergy</i> Nausheen ♥♥♥	<b>5:00pm (75 min)</b> <i>Yoga for Everybody</i> Vicki ♥	My I Club QR Code and Link Here 			
<b>6:30pm (75 min)</b> <i>Yoga for EveryBody</i> Vicki ♥		<b>5:30pm</b> <i>Hip Hop Cardio</i> Erica ♥♥♥				
<b>6:45pm</b> <i>Group Groove</i> Aubry ♥♥		<b>6:30pm (75 min)</b> <i>Slow Vinyasa Flow</i> Vicki ♥♥				

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

♥ *Lowest Level Class*  
♥♥ *Lower Level Class*  
♥♥♥ *Medium Level Class*  
♥♥♥♥ *Higher Level Class*

## Wellstar Health Place

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

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

# GROUP FITNESS CLASS DESCRIPTIONS

FOR QUESTIONS PLEASE CALL **770-793-7300**

## 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:** Cardio workout with a fusion of club, hip-hop, and Latin dance styles set to the hottest current hits! Great for all fitness levels! 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!

**Group Blast:** Athletic cardio training that uses a step in a wide variety of ways. This highly effective workout will get your heart pounding and sweat pouring as you improve your cardio fitness, agility, coordination, power, and strength with exciting music and motivational coaching. HAVE A BLAST!

## 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 8.26.25

# 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.

## 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**