

# 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.

## Aug/Sep 2026

| MONDAY                                              | TUESDAY                                         | WEDNESDAY                                           | THURSDAY                                        | FRIDAY                                       | SATURDAY                                         | SUNDAY                                        |
|-----------------------------------------------------|-------------------------------------------------|-----------------------------------------------------|-------------------------------------------------|----------------------------------------------|--------------------------------------------------|-----------------------------------------------|
| 7:15am<br>Cardiac Rehab<br>Room Unavailable         | 6:45am (30 min)<br>Group Core<br>Tracey         | 7:15am (45 min)<br>KO Conditioning<br>Marcus        | 8:45am<br>Muscle Madness<br>Lynn                | 6:45am<br>Group Power<br>Tracey              | 8:15am (45 min)<br>Spin<br>Jolene                | 9:00am<br>Pilates Burn<br>Jolene              |
| 8:30am<br>HIIT & Spin<br>Nora                       | 7:15am (30 min)<br>Group Centergy<br>Tracey     | 8:30am (45 min)<br>Spin<br>Nora                     | 10:00am (75 min)<br>Restorative Yoga<br>Carolyn | 8:15am<br>Yin Yoga<br>Meg                    | 9:00am (30 min)<br>Group Fight<br>Tracey         | 1:00pm<br>Group Active<br>Aubry               |
| 10:00am (50 min)<br>Strength&Core (Beg/Int)<br>Nora | 8:45am<br>Muscle Madness<br>Lydia               | 10:00am (50 min)<br>Strength&Core (Beg/Int)<br>Nora | 11:30am<br>Strength&Core (Beg/Int)<br>Patti     | 8:45am<br>Cardio Strength<br>Lydia           | 9:00am (75 min)<br>Dynamic Vinyasa Flow<br>Vicki | 2:00pm (75 min)<br>Slow Vinyasa Flow<br>Vicki |
| 10:15am (45 min)<br>Chair Yoga<br>Cashe             | 10:00am (75 min)<br>Restorative Yoga<br>Carolyn | 10:15am<br>Chair Yoga<br>Cashe                      | 12:30pm (45 min)<br>Chair Yoga<br>Carolyn       | 10:00am (50 min)<br>Fit Generation I<br>Lynn | 9:30am<br>Group Power<br>Tracey                  |                                               |
| 11:15am (45 min)<br>Chair Yoga<br>Cashe             | 11:30am (75 min)<br>Yoga Strong<br>Carolyn      | 11:30am<br>Strength&Core (Int/Adv)<br>Nora          | 4:15pm (45 min)<br>Group Centergy<br>Nausheen   | 11:30am<br>Fit Generation II<br>Lynn         | 10:30am (75 min)<br>Yoga for Everybody<br>Vicki  |                                               |
| 11:30am<br>Strength&Core (Int/Adv)<br>Nora          | 12:30pm<br>Gentle Motions<br>Katie              | 12:00pm (30 min)<br>RSB<br>Room Unavailable         | 4:15pm (30 min)<br>Group Fight<br>Tracey        | 12:00pm (30 min)<br>RSB<br>Room Unavailable  |                                                  |                                               |
| 12:00pm (30 min)<br>RSB<br>Room Unavailable         | 4:00pm<br>Pilates Burn<br>Gi                    | 1:15pm<br>Cardiac Rehab<br>Room Unavailable         | 4:45pm (30 min)<br>Group Core<br>Tracey         | 12:30pm<br>Gentle Motions<br>Katie           |                                                  |                                               |
| 4:00pm<br>Muscle Madness<br>Jordan                  | 4:15pm (45 min)<br>Group Blast<br>AJ            | 4:15pm<br>Group Active<br>Aubry                     | 5:30pm<br>Group Power<br>Nausheen               | 4:00pm<br>Group Groove<br>Aubry              |                                                  |                                               |
| 5:00pm (75 min)<br>Dynamic Vinyasa Flow<br>Vicki    | 5:30pm<br>Yin Yoga<br>Meg                       | 5:00pm (75 min)<br>Yoga for Everybody<br>Vicki      |                                                 |                                              |                                                  |                                               |
| 5:30pm<br>Cardio Tone<br>Lynn                       | 5:30pm<br>Group Power<br>AJ                     | 5:30pm<br>Group Groove<br>Aubry                     |                                                 |                                              |                                                  |                                               |
| 6:30pm (75 min)<br>Yoga for EveryBody<br>Vicki      |                                                 | 6:30pm (75 min)<br>Slow Vinyasa Flow<br>Vicki       |                                                 |                                              |                                                  |                                               |
|                                                     |                                                 |                                                     |                                                 |                                              |                                                  |                                               |

My I Club QR  
Code and Link  
Here



**Wellstar**  
Health Place

- Group Fitness 1: Upstairs
- Group Fitness 2: Downstairs
- Spin Room
- Program Room

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

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

# GROUP FITNESS CLASS DESCRIPTIONS

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## Cardio/Strength/Core

**Pilates Burn:** A dynamic Pilates class that uses flowing sequences and purposeful movement, using a variety of equipment such as weights, Pilates balls, resistance bands, and more to enhance calorie burn while sculpting the entire body. With options and progressions offered, participants of various fitness levels can safely challenge themselves while improving flexibility, strength, endurance, range of motion, posture, and balance, along with overall body awareness.

**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, high-energy cardio step training that boosts heart rate, agility, coordination, power, and strength through dynamic movements, motivating music, and energetic 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 dumbbells, medicine balls, weighted bars and more.

**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**

# 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 Strong:** This class focuses on building deep strength and utilizing a number of techniques including: longer holds, single leg balancing, light weights, core stability. Complemented by an extended session of deep stretching to leave you feeling balanced, flexible, and strong. This is a medium-paced, challenging class, with props and modifications given to make it accessible for 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.

**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**