


Group Fitness Classes

July/August/Sept. 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
					9:00 AM (75 min) Dynamic Vinyasa Flow Vicki ♥♥♥	
10:00 AM (50 min) Fit Generation I Nora ♥	10:00 AM (75 min) Restorative Yoga Carolyn ♥	10:00 AM (50 min) Fit Generation I Nora ♥	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 Nora ♥♥	11:30 AM (75 min) Yoga Strength/ Flow Carolyn ♥♥	11:30 AM Fit Generation II Nora ♥♥	11:30 AM Fit Generation II Patti ♥♥	11:30 AM Fit Generation II Lynn ♥♥		
				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. ♥♥	4:15 PM (45 min) Centergy Nausheen ♥♥	My I Club QR Code and Link Here		
5:00 PM (75 min) Dynamic Vinyasa Flow-Vicki ♥♥♥♥	5:30 PM Yin Yoga Meg ♥♥	5:00 PM (75 min) Yoga for EveryBody Vicki ♥♥	5:30 PM Pilates Gi ♥♥♥	Wellstar Health Place		
6:30 PM (75 min) Yoga for EveryBody Vicki ♥♥	6:45 PM (45 min) Centergy Nausheen ♥♥	6:30 PM (75 min) Slow Vinyasa Flow Vicki ♥♥		♥ 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 Rock Steady Boxing	11:00 AM (60 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 ♥♥♥	1:00 PM Flexibility Training Court one Carolyn ♥♥		11:30 AM Flexibility Training Court one Carolyn ♥♥	My I Club QR Code and Link Here		
5:30 PM Cardio Tone Lynn ♥♥♥	5:30 PM Group Power Nausheen ♥♥♥		12:00 PM Therapy Ball Reset Court one Carolyn ♥♥	Wellstar Health Place		
			5:30 PM Group Power Nausheen ♥♥♥	♥ 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

Wellstar Health Place

FOR QUESTIONS PLEASE EMAIL: healthplace@wellstar.org

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.*

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

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 Reset: *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.*

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