

Land Aerobic Descriptions

AB Lab- Work out your abdominal muscles more intensely using weight resistance, stability balls, bands, free weights, & bars.

Cardio Cross Training (Cardio X-T) - This high-energy, high calorie-burning workout is a cardio challenge. 60 minutes of step/ floor moves: uses choreography and athletic aerobic movements.

Cardio Dance- a fitness class in which you burn off calories by dancing to different kinds of lively tunes.

Chair Dancing- a low impact exercise that will help build cardiovascular endurance, memory, coordination, balance, and social health.

CHAIR Yoga- Low impact yoga offering techniques to increase flexibility, relaxation, and strength either standing or sitting.

Circuit Intervals (Circuit I-T) - Cardio challenge with variety of toning exercises for a total body, heart pumping, aerobic/ high-energy workout. Combines full body, strength, and cardio bursts. Class ends with an intense abdominal workout.

Countdown- High Intensity circuit format that focuses on full-body resistance and cardiovascular training.

Cycle Class- A cardiovascular, cycle class which intensity varies by changing up body position, pedal speed, and resistance.

Fresh & Fit- A low impact format class that is builds cardio, strength, agility, balance and flexibility.

Full Body Flex- a full body strength class (sometimes with weights sometimes body weight), very inclusive, can be modified for any fitness level or age. Everything is at your own pace! Roughly 15 mins for each: upper, lower, & core.

Gentle Yoga- Slow flow stretching class connecting yoga poses to increase flexibility, balance while toning, and introducing calmness to the body.

GET FIT- Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing workout.

Hammer Time- Low impact cardio class that raises your heart rate & burns calories while minimizing impact on joints.

HIIT (high-intensity interval training) - Exercises performed quickly and helps strengthen & tone your entire body.

HIP HOP HIIT- Dance Fitness on another level! A high energetic & intense workout combining hip-hop and HIIT moves.

POWER-HOUR- A total body sculpting workout using body weight, free weights, and body bars!!

Powerfit- A total body workout that targets specific areas for maximum toning. Uses dynamic moves incorporating cardio, core, & resistance training.

SilverSneakers® Classic- Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

SWEAT60- 'Anything goes' workout. A full body 60-minute workout, with each class being different from the last. Including bursts of HIIT, Tabata drills, & Strength exercises using body bars, hand weights, resistance bands and more.

T-B-S- Total Body Sculpting- Strength building class using weights, tubes, and body bars.




Walk This Weigh- Weight training to increase muscle tone, promote bone density, and ramp up your metabolism.

Yoga- Connecting yoga poses through ranges of movement; increasing stamina, strength, flexibility, balance and concentration; lubricating joints, toning the body while promoting self-confidence and stress relief.





Athens Wellness Center Aerobic Schedule



Monday

5:00am - Full Body Flex/ Hannah
5:15am - Cycle/ Michael 
8:00am - Hammer Time/ Beth
8:10am - Yoga/ Jamie 
9:10am - Go For Gold/ Robyn
4:30pm - Powerfit/ Aleshia
4:30pm - Cycle/ Beth 
5:30pm - Hip Hop HIIT/ Brittany

Tuesday

8:10am - TBS/ Ginna
8:10am - Gentle Yoga/ Jamie 
9:20am - SilverSneakers® Classic/ Terry
10:30am - Chair Yoga/ Terry
4:30pm - Cardio X-T/ Aleshia
5:30pm - SWEAT60/ Brittany
5:30pm - Yoga/ Becky 


Wednesday

5:00am - Full Body Flex/ Hannah
5:15am - Cycle/ Michael 
8:00am - Walk This Weigh/ Beth
8:10am - Yoga/ Jamie 
9:00am - GET FIT/ Sandy (45min)
9:50am - Dance Fitness/ Pam
4:30pm - Circuit I-T/ Aleshia
5:30pm - Hip Hop HIIT/ Brittany

Thursday

8:10am - TBS/ Ginna
8:10am - Gentle Yoga/ Jamie 
9:20am - SilverSneakers® Classic/ Terry
10:30am - Chair Yoga/ Terry
4:00pm - AB LAB/ Aleshia (30min)
4:30pm - HIIT/ Aleshia
4:30pm - Cycle/ Beth 
5:30pm - Yoga/ Becky
5:30pm - SWEAT60/ Brittany 

Friday

5:00am - Full Body Flex/ Hannah
8:10am - Yoga/ Jamie 
8:10am - Fresh & Fit/ Susan
9:10am - Cardio Dance/ Susan
5:00pm - Countdown/ Dylan

Saturday

8:00am - Full Body Flex/ Hannah
9:00am - Power-HOUR/ Aleshia (1st & 3rd Saturdays)

April Changes

- CXL- Mon/Wed 12:00 Ginna
- CXL All Water Aerobics classes
- New! Mon 8am Hammer Time/Beth
- New! Wed 8am Walk This Weigh/Beth



**ATHENS-LIMESTONE HOSPITAL
WELLNESS CENTER**

discover the difference in fitness

209 Fitness Way, Athens, AL 35611

Phone: 256.233.9355

Aerobics Coordinator: Channa Clay

channac@alhnet.org

Wellness Center Director: Blake Lane

blakel@alhnet.org



Classes in the Spin Room

Staffed Hours:

Monday-Thursday 5:00am-9:00pm

Friday 5:00am-7:30pm

Saturday 8:00am-Noon