

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.

Core Essentials- A workout using the weights, mats, and exercise balls, all geared toward strengthening the core...abdominals, obliques, & lower back

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 meant to build cardio, strength, agility, balance and flexibility.

Gentle Yoga- Slow flow stretching class connecting yoga poses to increase flexibility and 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.

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.

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.

Water Aerobic Descriptions

Water Aerobics- This water class combines both shallow and deep water exercise components to meet the needs of the participants. You decide where you are most comfortable and our instructor will offer workout options for both deep and shallow water.



Athens Wellness Center Aerobic Schedule

Monday

5:15am - Cycle/ Michael 🚴
8:00am - Water Aerobics/ Beth (H2O)
8:10am - Yoga/ Donna 🚴
9:10am - Go For Gold/ Robyn
10:00am - Water Aerobics/ Sandy (H2O)
12:00pm - TBS/ Ginna (45min)
4:30pm - Powerfit/ Aleshia
4:30pm - Cycle/ Beth 🚴
5:30pm - Hip Hop HIIT/ Brittany

Tuesday

8:10am - TBS/ Ginna
8:10am - Gentle Yoga/ Donna 🚴
9:20am - SilverSneakers® Classic/ Terry
10:30am - Chair Yoga/ Terry
4:30pm - Cardio X-T/ Aleshia
4:30pm - Water Aerobics/ Beth (H2O)
5:30pm - SWEAT60/ Brittany
5:30pm - Yoga/ Becky 🚴

Wednesday

5:15am - Cycle/ Michael 🚴
8:00am - Water Aerobics/ Beth (H2O)
8:10am - Yoga/ Donna 🚴
9:00am - GET FIT/ Sandy (45min)
9:50am - Chair Dancing/ Pam
10:00am - Water Aerobics/ Sandy (H2O)
12:00pm - Core Essentials/ Ginna (45min)
4:30pm - Circuit I-T/ Aleshia
4:30pm - Water Aerobics/ Beth (H2O)
5:30pm - Hip Hop HIIT/ Brittany

Thursday

8:10am - TBS/ Ginna
8:10am - Gentle Yoga/ Donna 🚴
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 - SWEAT60/ Brittany
5:30pm - Yoga/ Becky 🚴

Friday

8:00am - Water Aerobics/ Beth (H2O)
8:10am - Yoga/ Donna 🚴
8:10am - Fresh & Fit/ Susan
9:10am - Cardio Dance/ Susan
10:00am - Water Aerobics/ Sandy (H2O)
5:00pm - Countdown/ Dylan

Saturday

9:00am - Power-HOUR/ Aleshia (1st & 3rd Saturdays)

June Changes

- CXL- Monday 6:45pm SWEAT60
- CXL- Tuesday 6:45pm Hip Hop HIIT
- Cycle 5:15am M/W will be Virtual for June



**ATHENS-LIMESTONE HOSPITAL
WELLNESS CENTER**

discover the difference in fitness

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Aerobics Coordinator: Channa Clay
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Wellness Center Director: Blake Lane
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(H2O) Aqua Classes in the Pool

🚴 Classes in the Spin Room

Staffed Hours:

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

Friday 5:00am-7:30pm

Saturday 8:00am-Noon