

## 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.

**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

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

**FLOW Yoga-** A fitness based approach to yoga. Works on building strength, flexibility, and concentration. **\*\*Slow Flow Yoga** is *Flow Yoga* just at a slower pace. Very good for beginners.

**Go for Gold-** A low impact format class that is meant to build cardio, strength, agility, balance and flexibility.

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

**HIIT Dance Party-** Get ready to blast calories with modern music focusing on Hip Hop and Pop. This class combines dance with HIIT moves to create a complete workout for any level in a judgment-free zone.

**Party Fit-** An aerobic class incorporating dance, weights, exercise tubes, bands, balls, and your own body weight.

**POWER-HOUR-** A total body sculpting workout using body weight, free weights, and body bars!! (Teachers alternate Saturdays)

**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.

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

**Weighted Warrior Yoga-** A combination of yoga, pilates, weights, & core exercises. Adding repetitions & flow for a total body workout.

**Yoga-** Slow stretching movements to increase flexibility, balance, and relieve stress.

## Water Aerobic Descriptions

**Easy Does It-** A lower impact water class which incorporates range of motion exercises, helps maintain joint mobility, and increases flexibility. This class is good for people with arthritis and fibromyalgia and physical therapy transfers.

**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.

## Virtual Descriptions

 **LES MILLS BODYCOMBAT** - is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. Bring your best fighter attitude and leave inhibitions at the door.

 **LES MILLS BODYFLOW** - is the yoga-based class that will improve your mind, your body and your life.

 **LES MILLS GRIT | CARDIO** - is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need.

 **LES MILLS SHBAM** - a fun-loving, insanely addictive dance workout.

 **LES MILLS sprint** - is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

# Athens Wellness Center Aerobic Schedule

## Monday

5:15am - Cycle/ Michael   
 6:30am -  (45min)  
 8:00am - Water Aerobics/ Beth **(H2O)**  
 8:10am - Yoga/ Donna   
 9:10am - Go For Gold/ Susan  
 10:00am - Water Aerobics/ Sandy **(H2O)**  
 12:00pm - TBS/ Ginna (45min)  
 4:30pm - Powerfit/ Aleshia  
 4:30pm - Cycle/ Beth   
 6:30pm - HIIT Dance Party/ Zonie

## Tuesday

5:15am -  (45min)  
 6:15am -  (30min)  
 8:10am - TBS/ Ginna  
 8:10am - Slow Flow Yoga/ Donna   
 9:00am - Water Aerobics/Genoa **(H2O)**  
 9:20am - SilverSneakers® Classic/ Terry  
 10:30am - Chair Yoga/ Terry  
 4:00pm - AB LAB/ Aleshia (30min)  
 4:30pm - Cardio X-T/ Aleshia  
 4:30pm - Water Aerobics/ Beth **(H2O)**  
 5:30pm - Yoga Works/ Donna 

## Wednesday

5:15am - Cycle/ Michael   
 6:30am -  (45min)  
 8:00am - Water Aerobics/ Beth **(H2O)**  
 8:10am - Weighted Warriors Yoga/ Donna   
 9:10am - Party Fit/ Susan  
 10:00am - Water Aerobics/ Sandy **(H2O)**  
 12:00pm - Core Essentials/ Ginna (45min)  
 4:30pm - Circuit I-T/ Aleshia  
 4:30pm - Water Aerobics/ Beth **(H2O)**

## Thursday

5:15am -  (45min)  
 6:15am -  (30min)  
 8:10am - TBS/ Ginna  
 8:10am - Yoga/ Donna   
 9:00am - Water Aerobics/Genoa **(H2O)**  
 9:20am - SilverSneakers® Classic/ Terry  
 10:30am - Chair Yoga/ Terry  
 4:30pm - HIIT/ Aleshia  
 4:30pm - Cycle/ Beth   
 5:30pm - FLOW Yoga/ Donna 

## Friday

5:15am -  (30min)  
 6:30am -  (45min)  
 8:00am - Water Aerobics/ Beth **(H2O)**  
 8:10am - FLOW Yoga/ Donna   
 8:10am - Go For Gold/ Susan  
 9:10am - Line Dancing/ Susan  
 10:00am - Water Aerobics/ Sandy **(H2O)**  
 6:00pm -  (45min)

## Saturday

9:00am - Power-HOUR/ Aleshia (1<sup>st</sup> & 3<sup>rd</sup> Saturdays)  
 10:15am -  (45min)  
 11:15am - 

### \*May CHANGES\*

Ashton's Monday 5:30 class CXL  
 Ashton's T/TH 6:30 class CXL  
 NEW Thursday 8:10am Yoga/ Donna



**ATHENS-LIMESTONE HOSPITAL  
 WELLNESS CENTER**

*discover the difference in fitness*

209 Fitness Way, Athens, AL 35611

Phone: 256.233.9355

Aerobics Coordinator:

Channa Campbell

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**(H2O)** Aqua Classes in the pool

 All are in spin room

 Classes in the spin room

### Staffed Hours:

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

Friday 5:00am-7:30pm

Saturday 8:00am-4:00pm

(Key Card only after Noon)

Sunday 1:00pm-5:00pm