

## 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

**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.

**Dance Fitness-** dance to Latin, oldies, country and pop. This class will enhance balance in motion using low impact aerobics/line dancing. Will also help with mind and body coordination. Weights are used for strength exercises.

**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.

**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.

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

**Island Dance Fitness-** Polynesian style dance format designed to be low impact but give you a HIGH intensity workout. We use a combination of drum beats and fun upbeat music for island style FULL body conditioning! Please note, although we take elements of hula and Tahitian dance for our choreography, there's no traditional dance here, our classes are JUST FOR FITNESS. Grab your favorite pareo (sarong), water bottle, friend and come join us! Beginners welcome. No shoes required!

**Line Dancing-** a fitness class in which you burn off calories by dancing to different kinds of lively tunes.

**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

**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.



# 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)**  
10:15am - Island Dance Fitness/ Ashley  
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)  
10:00am - Dance Fitness/ 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 - Go For Gold/ Robyn  
9:10am - Line Dancing/ Robyn  
10:00am - Water Aerobics/ Sandy **(H2O)**  
10:15am - Island Dance Fitness/ Ashley  
5:00pm - Countdown/ Dylan

## Saturday

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

### January Changes

- Aleshia's AB Lab moved from Tuesday @ 4:00pm to Thursday @ 4:00pm



**ATHENS-LIMESTONE HOSPITAL  
WELLNESS CENTER**

*discover the difference in fitness*

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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