

Land Aerobic Descriptions

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

BODY ROCK- A combination of cardio and weight training workout that will help burn fat, tone muscles, & increase your cardiovascular fitness.

Cardio BARRE- This class takes you through dance routines using different techniques to give you a great cardio workout.

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.

Yoga Works- Blend of balance, strength, flexibility, & power in a vigorous mindful flow. Instructors choice of equipment.

Cardio & More- A cardio step workout combined with core strengthening and stretching.

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.

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.

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

H.I.T. Cardio (High Intensity Toning)- Exercises performed quickly and helps strengthen & tone your entire body.

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

Pedal -N- Pump- A combination of a cardiovascular, weight lifting, core workout on and off the bike alternating between cycling and lifting to give you a total body workout!

POWER-30- 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@Circuit- Standing circuit workout. Upper-body strength workout with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

SilverSneakers@Classic- Low impact workouts to improve strength, flexibility, posture, and balance. Exercise at your own pace.

STRONG- Moving in sync with music, this class will use your own body weight to gain muscular endurance, tone, and definition.

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

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

ZUMBA@- An aerobic dance class with popular Latin dances, such as salsa, mambo, merengue, and samba.

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

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

Water Aerobic Descriptions

Aqua Blast- This class combines cardio and weights for a one of a kind workout in the water which challenges your muscles and your mind. Noodles and web gloves will be used to maximize benefits for both functional strength and cardio endurance.

Aquacize- A non-stop (shallow water) cardio workout that includes both leg and arm movements.

Aqua Combo- This "heart healthy" class combines both shallow and deep-water exercises.

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.

Free For All- This class is rewarding for a hard week's work by playing ball at the end of class to improve range of motion and flexibility.

Sir Jogs-a-Lot- After warm-up, various jogs, hops, leaps across the pool, this utilizes the water resistance to get the most out of your water workout.

STARTING TUESDAY APRIL 2nd

Yoga Works with Donna
8:10 a.m. in the Spin Room

Aerobic Schedule

Monday

5:15-6:15am—Cycle/ Michael 
8:00-9:00am— Aqua Blast/ Beth **(H2O)**
8:10-9:10am—FLOW Yoga/ Donna
9:20-10:20am—Go for Gold/Susan David
10:00-11:00am—Aquacize/ Sandy **(H2O)**
10:30-11:30am—Yoga/ Wyn
12:00-12:45pm—TBS/ Ginna
4:30-5:30pm—Powerfit/ Aleshia
4:30-5:30pm— Cycle/ Beth 
5:30-6:30pm—Zumba®/ Brittany
6:40-7:30pm—Body Rock/ Shelby

Tuesday

8:10-9:10am—TBS/ Ginna
8:10-9:10am- Yoga Works/ Donna 
9:00-10:00am—Easy Does it/ Genoa **(H2O)**
9:20-10:20am--SilverSneakers®
Classic/ Terry
10:30-11:30am— Chair Yoga/ Terry
4:00-4:30pm—AB LAB/ Aleshia
4:30-5:30pm—Cardio X-T/ Aleshia
4:30-5:30pm— Take 5/ Beth **(H2O)**
5:30-6:30pm—Flow Yoga/ Karen
5:30-6:30pm—CYCLE /Amy 
6:40-7:30pm—Body Rock/ Shelby

Wednesday

5:15-6:15am—Cycle/ Michael 
8:00-9:00am—Aqua Combo/ Beth **(H2O)**
8:10-9:10am—Weighted Warriors Yoga/Donna
9:20-10:20am—Party Fit/ Susan
10:00-11:00am—Take 5/ Sandy **(H2O)**
10:30-11:30am—Yoga/ Wyn
12:00-12:45pm- Core Essentials/Ginna
4:30-5:30pm—Circuit I-T/ Aleshia
4:30-5:30pm— Aqua Blast/ Beth **(H2O)**
5:30-6:30pm—Zumba®/ Brittany

Thursday

8:10-9:10am—TBS/ Ginna
9:00-10:00am—Easy Does It/ Genoa **(H2O)**
9:20-10:20am—SilverSneakers®
Classic/Terry
10:30-11:30am— Chair Yoga/ Terry
4:30-5:30pm—H.I.T./ Aleshia
4:30-5:30pm— Cycle/ Beth 
5:30-6:30pm—Flow Yoga/ Karen
5:45-6:45pm—Pedal-N-Pump/ Amy 
6:40-7:30pm—Body Rock/ Shelby

Friday

8:00-9:00am— Free For All/ Beth **(H2O)**
8:10-9:10am—FLOW Yoga/ Donna 
8:10-9:10am—Beginner Line Dance/ Susan
9:10-10:10am—Line Dancing/ Susan
10:00-11:00am-Sir-Jogs-A-Lot/ Sandy **(H2O)**
10:30-11:30am—Yoga/ Wyn
4:30-5:30pm—Zumba®/ Brittany

Saturday

9:00-9:30am—Power-30/Aleshia&Britt
9:30-10:30am—Zumba®/ Brittany

Sunday

2:30-3:30pm—STRONG/ Brittany

(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- 4:00pm
(Front desk closes at NOON)
Sunday 1:00pm—5:00pm



209 Fitness Way, Athens, AL 35611

Phone: 256.233.9355 Fax: 256.233.9357