

PEACHTREE CITY GROUP FITNESS CLASS DESCRIPTIONS



GROUP POWER Group Power is your hour of power! This weight training barbell class strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and fun! With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results - Group Power!



GROUP KICK This cardio fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music and a group environment will keep you punching, kicking and smiling!



GROUP GROOVE If you can move, you can Groove. You'll stomp, wiggle, jiggle, hip, hop, snap, shimmy, shake, slide, smile and laugh your way through this fitness dance program. Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes.



GROUP CENTERGY Redefine yourself with Group Centergy. Grow longer and stronger as you explore this peaceful journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy and reduce stress.



GROUP STEP Utilizing the step in many positions and heights, this compelling cardio program strengthens and shapes the lower body, one step at a time. Energetic music and motivating routines create this spunky group experience. Enjoy the fun of Group Step!



GROUP ACTIVE Activate Your Life in only one hour! Feeling fitter, stronger and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength and improve your balance and flexibility. **(All ages and fitness levels welcome)**



GROUP RIDE Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This interval cycling program is geared for anyone that can ride a bike. **Reservations are required!** Please call or sign up at the front desk one day in advance.

HEART ZONES CYCLE: A 60 minute Cycle class in which the instructor will coach participants to effectively improve their workouts by using a heart rate monitor. Bring a water bottle, towel and gel seat (optional). Heart rate monitors encouraged. **Reservations are required!** Please call or sign up at the front desk one day in advance.

CARDIO FUSION: A non-stop cardio interval class that "fuses" together a variety of cardio exercises to provide a diverse, challenging and fun workout. Experience freestyle stepping, kickboxing, agility moves and more to get the heart rate up and burn calories! All fitness levels will be challenged to their own capabilities.

FITNESS BOOTCAMP: Experience the latest craze in exercise with our Fitness Boot Camp class! This multi-level class will work your entire body going from one exercise to another with no rest. A mix between traditional calisthenics and body weight exercises, combined with interval and strength training. A great workout for all fitness levels

KICKBOXING: A one hour, high energy freestyle class consisting of boxing and kickboxing movements and combinations that will strengthen your upper and lower body while getting a great cardio workout. This is an intense but fun workout for all ages and fitness levels.



RIPPED The One Stop Body Shock! RIPPED stands for Resistance, Intervals, Power, Plyometrics, Endurance and Diet. If you are ready to unleash the power within, transform your body, mind and life, get into RIPPED! All fitness levels will be challenged to their own capabilities



ZUMBA fitness Zumba® fitness fuses Latin & other International rhythms to create a fun & easy to follow atmosphere where you'll find it's "Exercise in Disguise" because you are having so much FUN!! This class features interval training sessions where fast and slow rhythms along with dynamic, yet simple exercises are combined to provide a great cardio workout while burning fat.



ZUMBA toning Zumba® Toning blends body-sculpting and Zumba moves into a high cardio, strength-training class. Using light hand weights, this class enhances rhythm, builds strength and tones all areas of the body while using the same wonderful Latin inspired music as Zumba Fitness.

MUSCLE CHALLENGE: One hour class consisting of all weight/resistance training exercises. Strengthen your entire body as you challenge each muscle group with a variety of exercise techniques that meet your individual needs. Equipment used during this class may include dumbbells, resistance tubes, gliding disc and stability balls.

PILATES MAT PLUS: Pilates mat exercises that may be performed using additional resistance and offering a greater challenge with the use of props such as stability balls, small balls, body bars, bands, discs, dumbbells and tubing. Exercise sequences and choreographic progressions designed for a variety of fitness levels, with focus on proper execution of form and technique.

YOGA: Our Yoga fitness classes provide mindful movement and breath control while exploring different standing and floor yoga poses to find a balance between flexibility and strength. Verbal instruction, demonstration, modification and multi-level variations support all levels of ability and experience from the beginner to advanced participant. Invigorate, rejuvenate and relax to refresh and renew your mind and body.

SILVERSNEAKERS® MSROM: Move through a variety of exercises designed to increase muscular strength, range of movement and skills required during activities for daily living (ADL). Hand-held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and standing support, stretching and relaxation. Studio B

HEART SMART: A safe and enjoyable exercise class specifically designed for the young at heart who currently enjoy an active lifestyle. The class will include a moderate, low impact aerobic cardio section, along with movement, balance, strength and flexibility programming designed to promote functional fitness to enhance the performance of activities of daily life. Steps, stability balls and various resistance/ weight equipment may be used. All ages, pre/post natal and individuals beginning or returning to a fitness lifestyle are welcome.

HEALTH ZONES CYCLE: Health Zones cycle class is designed to train participants between 50 - 80% of their Maximum Heart Rate by working in the low heart zones, Zone 1 through Zone 3. Achieve real health and fitness benefits in this moderate intensity class. An effective and safe workout for individuals of all ages and fitness levels. 45 minutes cycling followed by 15 minutes of balance and flexibility training.

GYM HOURS		CHILDCARE HOURS	
MON – THR	4:00am – 11:00pm	MON – FRI	8:00am - 2:00pm
FRIDAY	4:00am- 9:00pm	MON - THR	4:15pm – 8:45pm
SATURDAY	7:00am –9:00pm	FRI	4:15pm - 7:45pm
SUNDAY	8:00am –9:00pm	SAT	8:00am – 1:00pm
		SAT	3:30pm – 5:30pm
		SUN	3:45pm - 7:00pm

