

# 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™** Group Kick brings it on! 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 Kick will knock you out!



**GROUP GROOVE™** If you can move, you can Groove. You'll stomp, flick, wiggle, jiggle, hip, hop, snap, shimmy, shake, slide, glide, 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. Discover Group Centergy!



**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. Get more out of life, Get Active!  
**(All ages and fitness levels will be all be challenged in this class!)**



**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. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!  
**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.

**FITNESS FUSION** Experience the best in this fusion based class that will mix and match all fitness components into one intense workout! A cardio portion along with core strength, balance, agility and endurance will be "fused" together in this hour long class. A fast effective workout for people with busy schedules that want it ALL in one class! 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. There's no watching the clock in this class! "Ditch the workout, Join the party"



**ZUMBA® gold** Zumba® Gold is for any age and any fitness level. The moves are less impact and easier to follow, but just as much fun as a regular Zumba® class. You will get a safe and effective fat and calorie burning cardio workout... guaranteed! The music fuses Latin & other International rhythms to create a fun party atmosphere. "Ditch the workout, Join the party"

**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.

**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:** This method of exercise targets the core muscles and is designed to train the body's "power-house" the abdomen, lower back, hips and buttocks. A series of exercises are performed on a mat using the body's own resistance to improve strength, posture, stability, mobility and flexibility.

**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.

**BELLY DANCE:** Spice up your work-out with the basic moves in belly dance. The low-impact moves of the shimmy, snake arms, undulations and more will feed your body, mind and spirit. Stress relieving, waist reducing fabulous fun for all ages and sizes!

**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.

**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.

## GYM HOURS

MON - FRI *This location opens*  
*Mon. at 4am & does*  
*not close until 10pm Fri.*  
SATURDAY 7:00am - 9:00pm  
SUNDAY 8:00am - 9:00pm

## CHILDCARE HOURS

MON - FRI 8:00am - 2:00pm  
MON - THR 4:00pm - 8:45pm  
FRI 4:00pm - 7:45pm  
SAT 8:00am - 12:00pm  
SUN 3:45pm - 7:00pm

