

# PEACHTREE CITY GROUP FITNESS CLASS DESCRIPTIONS

**WQ Power:** A barbell program for people of all ages. Routines cater to all fitness levels with traditional and non-traditional athletic movements.

**WQ Kick:** This class is a total body workout where a fusion of martial arts meets chart-topping music

**WQ Step:** A step program designed to push your cardio edge into high gear and attack the legs in every plane of motion, both on the step and on the floor.

**WQ Power Mix:** This class provides all the components of fitness in a one-hour class: Cardio, Strength, Balance and Flexibility. **(All ages and fitness levels welcome)**

**WQ Ride:** This class uses proven riding principles and matches music to resistance levels, riding speeds, and riding positions to create a fun and effective way to cardio train on a bike.

**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.

**CYCLE:** Class uses effective riding techniques to cardio train on the bike with varying resistance levels, riding speeds, and riding positions. **Reservations are required!** Please call or sign up at the front desk one day in advance.

**HIIT:** Class designed for High Intensity Interval Training. A mix between traditional calisthenics and body weight exercises, combined with interval and strength training.

**HIIT Core:** Class designed for High Intensity Interval Training for half of class with the rest of class focused on core training.

**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

**TOTAL BODY CONDITIONING:** Short athletic cardiovascular intervals paired with strength and resistance training. Enhance your muscle endurance, fire up your metabolism, establish maximum calorie burn while you push your workouts to the next level!

**FREESTYLE STEP:** 40 minutes of Non stop music, continuous movement up, down, over, across and around the step. Followed by 10 minutes of Core work and a 5 minute stretch.

**PURE\*ENERGY** 55 minute workout designed to maximize your energy output. Using mobility, stability and balance exercises with a variety of resistance equipment including body weight.

**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.

**HEART ZONES CONDITIONING** Plateau busting workout. Never the same workout...Constant cross training using different methods of exercise while training heart zones. Heart rate monitored training is designed to keep heart rates in a target zone that stimulates metabolism and increases energy.



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 fuses Latin & other International rhythms including **HIP HOP** 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.

**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.

**Cardio/Core:** This class consists of freestyle step and floor work for 30-45 minutes followed by balance and core conditioning. **(All ages and fitness levels welcome)**

**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.

**POWER YOGA:** A fitness-based approach that combines flexibility and strength training with the traditional practice of yoga. You will learn fundamental poses and principles while practicing at a moderate pace to create internal heat, build core strength, and focus on alignment and breath. Set to music, this class will invigorate your entire body to feel stronger and more energized while finding your center.

**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.

## **GYM HOURS**

MON – THR 4:00am-12:00am  
FRIDAY 4:00am- 9:00pm  
SATURDAY 6:00am- 9:00pm  
SUNDAY 7:00am- 9:00pm

## **CHILDCARE HOURS**

MON – FRI 8:00am - 2:00pm  
MON-THURS 4:15pm - 8:00pm  
FRI 5:00pm -7:00pm  
SAT 8:00am - NOON  
SUN 3:45pm – 6:30pm

