

# Group Fitness Schedule

## GROUP FITNESS STUDIO "A"

| <u>Monday</u>  | <u>Tuesday</u>  | <u>Wednesday</u>   | <u>Thursday</u>  | <u>Friday</u>   | <u>Saturday</u>   |
|--|---|--|--|---|---|
| <p>RISE &amp; SHINERS<br/>7:00 am - 60min<br/>Beverly</p> <p>STEP<br/>8:05 am - 60min<br/>Ellen</p> <p>CARDIO SCULPT<br/>9:10 am - 60min<br/>Ellen</p> <p>ACTIVE ADULTS<br/>10:15 am - 60min<br/>Patti</p> <p>20/20/20<br/>11:15 am - 60min<br/>Pat</p> <p>CHAIR YOGA<br/>1:30 pm - 60min<br/>Patti</p> <p>**Valeo Fit 1000<br/>6:00 pm - 60min<br/>Asiya \$\$</p> | <p>CARDIO SCULPT<br/>8:00 am - 60min<br/>Jamal</p> <p>STATION NATION<br/>12:15 pm - 45min<br/>Freddy</p> <p>Cardio-Core &amp; More<br/>1:30pm-60mins<br/>Chey</p> <p>TAI_CHI<br/>4:15 pm - 60 min<br/>Jim</p> <p>ZUMBA<br/>5:45 pm - 45min<br/>Serena</p> | <p>RISE &amp; SHINERS<br/>7:00 am - 60min<br/>Beverly</p> <p>CARDIO INTERVAL<br/>8:10 am - 60min<br/>Ellen</p> <p>CARDIO SCULPT<br/>9:15am - 45min<br/>Chey</p> <p>ACTIVE ADULTS<br/>10:15 am - 60min<br/>Ellen</p> <p>20/20/20<br/>11:15 am - 60min<br/>Pat</p> <p>ZUMBA w/ABS<br/>5:30 pm - 60min<br/>Kristin</p> <p>**Valeo Fit 1000<br/>6:30 pm - 60min<br/>Asiya \$\$</p> | <p>CARDIO SCULPT<br/>8:15 am - 60min<br/>Chey</p> <p>STEP &amp; SCULPT<br/>9:15 am - 60min<br/>Ellen</p> <p>STATION NATION<br/>12:15 pm - 45min<br/>Freddy</p> <p>CHAIR YOGA<br/>1:30pm - 60min<br/>Patti</p> <p>TAI CHI<br/>4:15 pm - 60min<br/>Jim</p> <p>INTERVAL TRAINING<br/>6:00 pm - 45min<br/>Freddy</p> | <p>ZUMBA (GOLD)<br/>7:00 am - 60min<br/>Beverly</p> <p>STEP<br/>8:15 am - 60min<br/>Maura</p> <p>ACTIVE ADULTS<br/>10:15 am - 60min<br/>Chey</p> <p>20/20/20<br/>11:15 am - 60min<br/>Patti</p> | <p>STEP<br/>9:00am - 60min<br/>Chey</p> <p>**Valeo Fit 1000<br/>10:00 am - 60min<br/>Asiya \$\$</p> <p>TAI CHI<br/>11:15 am - 60min<br/>Jim</p> |

## GROUP FITNESS STUDIO "B"

| <u>Monday</u>   | <u>Tuesday</u>  | <u>Wednesday</u>  | <u>Thursday</u>   | <u>Friday</u>  | <u>Saturday</u>   |
|---|---|---|---|--|---|
| <p>PIYO<br/>9:10 am - 60min<br/>Maura</p> <p>YOGA<br/>4:00 pm - 90min<br/>Allie</p> <p>PILATES<br/>6:00 pm - 60min<br/>Freddy</p> | <p>PIYO<br/>8:30 am - 75min<br/>Patti</p> <p>GENTLE YOGA<br/>10:00 am - 75min<br/>Allie</p> <p>VERY GENTLE YOGA<br/>11:30 am - 75min<br/>Allie</p> <p>YOGA<br/>5:45 pm - 75min<br/>Carrie</p> | <p>YOGA<br/>9:45 am - 75min<br/>Allie</p> <p>RESTORATIVE YOGA &amp; MEDITATION<br/>11:15 am - 60min<br/>Allie</p> <p>YOGA<br/>4:00 pm - 75min<br/>Angel</p> | <p>PIYO<br/>10:15 am - 75min<br/>Patti</p> <p>VERY GENTLE YOGA<br/>11:45 am - 75min<br/>Allie</p> <p>PILATES<br/>6:45 pm - 45min<br/>Adrian</p> | <p>PILATES<br/>9:15 am - 60min<br/>Jane</p> <p>YOGA<br/>10:30 am - 60min<br/>Angel</p> <p>Yoga<br/>1:00 p.m. - 90min<br/>Allie</p> <p>YOGA<br/>4:00 pm - 75min<br/>Allie</p> | <p>STATION NATION<br/>10:30 am - 45min<br/>Chey</p> <p>YOGA<br/>11:30 am - 60min<br/>Freddy</p> |

### Family Life Center Hours

Monday-Thursday  
5:30am-9:00pm

Friday  
5:30am-8:00pm

Saturday  
8:00am - 5:00pm

Sunday  
2:00pm - 6:00pm

**FLC Desk**  
404.231.0375



\*\*Valeo Fit 1000  
Requires an on-line registration  
at [www.valeoclub.com](http://www.valeoclub.com)

## Professional Trainers

Our certified personal trainers are available to help you set up a customized fitness program. For more information about personal training and to set up your free complimentary fitness assessment with a trainers please inquire at our Reception Desk.

## Private Swim Instructors

Try one of our certified swim instructors. Instructors are available to teach private or semi-private lessons. For more information about private swim lessons and available instructors please inquire at our Reception Desk.

\*Instructors are subject to change without notice.

# Class Descriptions

**YOGA:** This class is designed to promote strength and flexibility as participants move through a series of poses and concentrate on their posture and breathing.

**VERY GENTLE YOGA:** This yoga class is perfect for anyone who is looking for relief from pain and who needs a good stretch. Your yoga teacher is a yoga Master and will make sure you are safe. You will need to be able to get up and down off on the floor for these classes.

Come and find peace and feel better!

**RISE & SHINERS:** A 60 minutes class designed to stretch, tone and wake up the body for the day.

**20/20/20:** It is designed to allow you to work at your own pace, or are just getting back into a fitness routine. This class is an effective way to again strength, stability and cardio.

**ZUMBA:** an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning fitness class that's taking exercise to a new level.

**STATION NATION (stations) Class:** The next stop to a better you! This class utilizes challenging segments of cardiovascular work, muscle conditioning, and other athletic drills in station format to ensure a complete total body workout.

**INTERVAL TRAINING:** A High Impact interval class consisting of a variety of cardiovascular exercises for cardio conditioning with intervals of resistance training using weights, bars and balls.

**CARDIO SCULPT:** A combination class consisting of a variety of mid - tempo cardiovascular exercises for cardio conditioning and sculpting., with intervals of resistance training using weights, bars and balls.

**SCULPTING:** Define, condition and strengthen muscles using a variety of equipment. No cardio.

**PIYO:** hybrid class which fuses Pilates and Yoga into one great body-conditioning workout. This class will not only strengthen your core muscles, but improve your joint range-of-motion

**PILATES:** A total body program that focuses on building core strength and flexibility without adding bulk.

**STEP:** A cardiovascular workout consisting of stepping up and down on an elevated platform. Toning and abdominal work follow.

**ACTIVE ADULTS:** A total body workout for active seniors. This combination of aerobic, flexibility and strength training all done in a fun-filled environment. The exercises are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance.

**TAI—CHI:** A centuries-old Chinese Dance-like exercise form. It's practice benefits one's balance, coordination, strength, stress relief and energy. Plus, its's fun to do!

**Please Note: \$\$ = Fee Required**

**\$\$ VALEO FIT 1000:** UNIQUE concept that combines intense dance fitness cardio based on interval training like no other with Valeo's "signature" strengthening exercises using weighted hula hoops, resistance bands, low weights and balance balls all while toning every muscle fiber to get the ultimate body!