

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 & SHINERS 7:00 am - 60min Beverly</p> <p>STEP 8:05 am - 60min Ellen</p> <p>CARDIO SCULPT 9:10 am - 60min Ellen</p> <p>ACTIVE ADULTS 10:15 am - 60min Patti</p> <p>20/20/20 11:15 am - 60min Pat</p> <p>CHAIR YOGA 1:30 pm - 60min Patti</p> <p>**Valeo Fit 1000 6:00 pm - 60min Asiya \$\$</p>	<p>CARDIO SCULPT 8:00 am - 60min Jamal</p> <p>STATION NATION 12:15 pm - 45min Freddy</p> <p>CARDIO-CORE & MORE 1:30pm - 60mins Chey</p> <p>TAI CHI 4:15 pm - 60 min Jim</p> <p>ZUMBA 5:45 pm - 45min Serena</p>	<p>RISE & SHINERS 7:00 am - 60min Beverly</p> <p>CARDIO INTERVAL 8:00 am - 60min Ellen</p> <p>CARDIO SCULPT 9:15 am - 60min Chey</p> <p>ACTIVE ADULTS 10:15 am - 60min Ellen</p> <p>20/20/20 11:15 am - 60min Pat</p> <p>BACK, BALANCE & BEYOND 12:45 pm - 60min Pat</p> <p>ZUMBA w/ABS 5:30 pm - 60min TBA</p> <p>**Valeo Fit 1000 6:30 pm - 60min Asiya \$\$</p>	<p>CARDIO SCULPT 8:15 am - 60min Chey</p> <p>STEP & SCULPT 9:15 am - 60min Ellen</p> <p>STATION NATION 12:15 pm - 45min Freddy</p> <p>CHAIR YOGA 1:30pm - 60min Patti</p> <p>TAI CHI 4:15 pm - 60min Jim</p> <p>INTERVAL TRAINING 6:00 pm - 45min Freddy</p>	<p>ZUMBA (GOLD) 7:00 am - 60min Beverly</p> <p>STEP 8:15 am - 45min Maura</p> <p>BODY STRENGTHENING 9:00 am - 45min Maura</p> <p>ACTIVE ADULTS 10:15 am - 60min Chey</p> <p>20/20/20 11:15 am - 60min Patti</p>	<p>STEP 9:00am - 60min Chey</p> <p>**Valeo Fit 1000 10:00 am - 60min Asiya \$\$</p> <p>TAI CHI 11:15 am - 60min 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 9:10 am - 60min Maura</p> <p>YOGA 4:00 pm - 90min JoAnne</p> <p>PILATES 6:00 pm - 60min Carrie</p>	<p>PIYO 8:30 am - 75min Ellen</p> <p>GENTLE YOGA 10:00 am - 75min Allie</p> <p>VERY GENTLE YOGA 11:30 am - 75min Allie</p> <p>YOGA 5:45 pm - 75min Mimi</p>	<p>YOGA 10:00 am - 75min Allie</p> <p>RESTORATIVE YOGA & MEDITATION 11:30 am - 60min Allie</p> <p>YOGA 4:00 pm - 75min Angel</p>	<p>PIYO 10:15 am - 75min Patti</p> <p>VERY GENTLE YOGA 12:00 pm - 75min Allie</p> <p>PILATES 6:45 pm - 45min Freddy</p>	<p>PILATES 9:15 am - 60min Jane</p> <p>YOGA 10:30 am - 60min Angel</p> <p>Yoga 1:00 pm - 90min Allie</p> <p>YOGA 4:00 pm - 75min JoAnne</p>	<p>STATION NATION 10:30 am - 45min Chey</p> <p>YOGA 11:30 am - 60min JoAnne</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

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

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 gain strength, stability and cardio.

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.

BACK, BALANCE & BEYOND: Floor exercises that are designed to improve your strength, posture and flexibility. Will also relieve backache and pain.

BODY STRENGTHENING: A total body strength training class. Various types of equipment will be used, including body weight exercises, dumbbells and stability balls. Modifications will be available. Beginners to advanced levels are welcome.

CARDIO, CORE & MORE: It is designed to allow you to work at your own pace, and great for getting back into a fitness routine. This class is an effective way to gain strength, stability and cardio.

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.

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.

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

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

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

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

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.

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

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

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!

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.

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

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!