

# Summer 2017

## Group Fitness Schedule - WPEC

### May 15th – August 2nd 2017

WPEC 4 <sup>th</sup> FLOOR	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 -8:30 am		Sunrise Yoga Ron Begins (6/1)		Sunrise Yoga Ron Begins (6/1)			
11:00-11:50 am						HIIT Brandon	
4:30-5:30 pm		XFIT Brandon		HITT Brandon		12:30p Zumba Lupe	
6:30-7:20 pm				Hip Hop Fuego & Werk/Tone Kaitlin			
WPEC 2 <sup>nd</sup> FLOOR	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:20 pm	Zumba Lupe	Hatha Flow Yoga Gracie	Zumba Lupe	Hatha Flow Yoga Gracie	5:00p Align & Shine Yoga Stacy		
6:30-7:20 pm		Hip Hop Fuego Kaitlin	Vinyasa Yoga Meghan				
WPEC ICS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:30-12:30 pm	Midday Ride						
5:30-6:30 pm	Cyclorama Griffin		Cyclorama Griffin				

## Group Fitness Schedule - SAAC June 1st – August 2nd 2017

SAAC STUDIO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00-12:50 pm						Yin Yoga Melissa	
1:00-1:50 pm						HIIT Brandon	
5:30-6:20 pm	HIIT Brandon		XFIT Brandon		XFIT Brandon		
6:30-7:20 pm	Hip Hop Fuego Kaitlin	Zumba Lupe	Hip Hop Fuego Kaitlin	Zumba Lupe			
7:30-8:20 pm	Stress-Relief Yoga Melissa		Stress-Relief Yoga Melissa	Yin Yoga Melissa			
SAAC POOL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00-12:50 pm						AquaFit Leigh	
5:30-6:30 pm		AquaFit Leigh		AquaFit Leigh			

**\*\*No classes May 19<sup>th</sup>-21<sup>st</sup> (WPEC ONLY-Special Olympics), May 29<sup>th</sup> (Memorial Day), and July 3<sup>rd</sup>-4<sup>th</sup> (Independence Day)\*\***

The Group Fitness schedule is subject to change. **Group Fitness Class cards and valid Emory ID's are required to attend any fitness class.** Please arrive to classes on time. Fitness cards may be purchased from the WPEC Membership Office or the SAAC Welcome Desk. Visit each facility website to review forms of accepted payment.

**PRICING:** One class card= \$5 each  
 Student class card= \$20/Summer  
 SAAC Member Class card (non-students) = \$25/Summer  
 WPEC Member Class card (non-students) = \$25/Summer  
 WPEC+SAAC Class card (non-students) = \$45/Summer



WPEC Membership Office Hours: Mon-Thu: 11 am -1pm, 4-6pm  
 Fri: 11am-1:00pm  
 Summer SAAC Hours: Mon-Fri 7am- 10pm  
 Sat-Sun 8am-10pm

Cardio ■ Strength ■  
 Mind Body ■ Dance ■ Martial Arts ■

# CLASS DESCRIPTIONS

## MIND & BODY

**TGIF Stress-Relief Yoga:** A relaxing yoga class that emphasizes releasing muscle tension and tightness while incorporating mindful meditation to leave you feeling at ease.

**Power Vinyasa Yoga:** Get ready to sweat, be challenged, and have fun! In Power Vinyasa students flow from pose to pose – utilizing the principles of alignment, personal awareness and breath. Classes are physically challenging and creatively designed to transform your body, inspire your practice and help you find your edge. This class is energetically challenging, however, ALL yogis are welcome. Some inversions and arm balances will be offered but use your intuition and do what's best for your practice.

**Align and Shine Yoga:** A classical alignment yoga practice emphasizing traditional asanas (postures) & pranayama (breath work) while also providing a meditative practice. Focus on flexibility, strength, relaxation, devotion & personal growth. Long holds & floor work.

**Hatha Flow Yoga:** Hatha is most often used to describe gentle, basic yoga classes with no flow between poses. Expect a slower-paced stretching-focused class with some basic pranayama breathing exercises and perhaps a seated meditation at the end. Hatha classes are a good place to work on your alignment, learn relaxation techniques, and become comfortable with doing yoga while building strength and flexibility.

**Pilates:** A challenging class that uses mind-body exercises to stretch & strengthen muscles. Pilates focuses on the abdominal powerhouse & works the rest of the body through the core connection. All exercises have prep, beginner & intermediate options, allowing work at individual levels.

**Sunrise Yoga:** Get your day started off right with this all-levels, hour long class that promotes the body-mind connection while promoting muscular strength, endurance, & flexibility.

**Vinyasa Yoga:** This all-levels Vinyasa yoga class challenges yogis while offering the freedom to explore, modify & intensify postures & sequences. Each class includes a strong mix of postures structured around a yoga flow sequence that will strengthen & stretch your body & mind.

**Yin Yoga:** This class stretches muscles & tissues, while improving range of motion & cultivating an integration between body & mind. In this class, yoga poses are held for as long as 2-3 minutes to allow the muscles to stretch, the body to relax & the mind to find a sense of calm & inner peace.

**Hi-Energy Yoga:** This innovative class builds on Vinyasa style yoga to connect breath with movement in more creative and challenging ways. Set to upbeat music, students are encouraged to grow and explore by adding postures and modifications as class progresses. This class builds physical and mental strength while encouraging you to connect with your body and step outside your comfort zone!

## DANCE

**Hip Hop Fuego (HHF):** Who says that cardio has to be boring? Fuego is Spanish for FIRE! Heat up in this 50-minute dance party that combines hip hop & Latin rhythms! This high energy dance class burns over 500 calories!

**Zumba®:** A dance fitness class with vibrant music that combines interval low impact training with exhilarating Latin rhythms. Learn the latest Latin steps, creating an exciting & fun aerobic workout. Zumba® rhythms & moves burn calories & tone your entire body!

**Hip Hop Fuego (HHF) & Tone:** Looking to burn calories & tone up at the same time? Hip Hop Fuego & Tone is the perfect combination of dance, cardio & sculpting. Arms, legs, abs...get ready to be swimsuit ready all year long!

## CARDIO

**AquaFit (NEW):** Join our pool party! Get your heart pumping and muscles burning as you move through the water & improve your fitness with a splash!

**Kickboxing:** Get a kick out of getting fit! Combining aerobic exercise with boxing & traditional martial arts movements provides constant low-centered movements to strengthen & tone your muscles while giving your heart a great cardio workout.

**Cyclorama:** Uniquely tailored to suite a wide range of abilities & fitness goals, Spin offers participants an energizing, low-impact yet high intensity workout with no complicated moves to learn. The music begs your legs to pedal! Getting into the best shape of your life has never been more fun!

## STRENGTH

**H.I.I.T.:** HIIT class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before the busy days get started. Modifications for all fitness levels are provided.

**BodyShred®:** Inspired by Jillian Michael's, this class bites back in a great way! A total body workout that's quick and efficient!

**XFIT:** Want an advanced challenge that will have you soaking in sweat in less than ten minutes? Check out this high intensity, functional fitness training that incorporates interval training in a box style workout!

## Martial Arts

**Tae Kwon Do:** A well-rounded martial art that originated in Korea, combines combat and self-defense techniques with sport and exercise. Training in Taekwondo is an excellent tool for physical fitness and character. Taekwondo training includes the teaching of blocks, kicks, punches and other strikes; self-defense; and mental discipline. Physically, taekwondo develops strength, speed, balance, flexibility, stamina and self-confidence.