

# Fall 2017

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**Try Before You Buy**  
**8/23-9/3**

## Group Fitness Schedule - WPEC August 23rd - December 5th, 2017

WPEC 4th FLOOR	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15-8:20am		Sunrise Yoga Ron		Sunrise Yoga Ron			
11:00-11:50am						HIIT Brandon	
12:00-12:50pm					Stress Relief Yoga Stephanie	Barre Maya	
4:30-5:30pm	HIIT Marissa						
5:30-6:20pm	BollyX Rachel	XFIT Brandon	HIIT Marissa	XFIT Brandon			
6:30-7:20pm	Strong by Zumba Lupe		BollyX Rachel	HHF Werk/Tone Kaitlin			
WPEC 2nd FLOOR	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:20pm		Hatha Flow Yoga Gracie	Zumba Lupe	Hatha Flow Yoga Gracie	4:00pm Align & Shine Yoga Stacy		3pm Yoga Stephanie
6:30-7:20pm	Power Vinyasa Yoga Stephanie	Hip Hop Fuego Kaitlin	Vinyasa Yoga Meghan	Tae Kwon Do			
7:30-8:20pm		Tae Kwon Do					
WPEC ICS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45-7:45am		Morning Ride Ida		Morning Ride Ida			
11:30-12:30pm	Spin It Paula	Spin It Hazel		Spin It Hazel			
5:30-6:30pm	Cyclorama Griffin	Evening Ride Lara	Cyclorama Griffin	Evening Ride Lara			

## Group Fitness Schedule - SAAC August 23rd - December 5th, 2017

SAAC STUDIO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00-12:50pm						Vinyasa Yoga Melissa	
1:00-1:50pm						HIIT Brandon	
5:30-6:20pm	HIIT Brandon	Yoga For Joy Martine	XFIT Brandon	Yoga For Joy Martine	XFIT Improv Brandon		4pm Strong by Zumba Lupe
6:30-7:20pm	Hip Hop Fuego Kaitlin	Zumba Lupe	Hip Hop Werk/Tone Kaitlin	Strong by Zumba Lupe			
7:30-8:20pm	Stress Relief Yoga Melissa	Pilates Cecilia	Stress Relief Yoga Melissa	Yin Yoga Melissa			

**\*\* No classes Sept 4th (Labor Day), October 6-10th (Fall Break), and November 21-26th (Thanksgiving) \*\***

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= \$30/Fall

SAAC Member Class card (non-students)= \$35/Fall

WPEC Member Class card (non-students)= \$35/Fall

WPEC +SAAC Class card (non-students)=\$55/Fall

**WPEC Membership Office Hours:**

Mon-Thu: 11am -6:30pm

Fri: 11am-5:30pm

[play.emory.edu](http://play.emory.edu)

**Fall SAAC Hours:**

Mon-Fri 7am -10pm

Sat-Sun 8am -10pm

**Class Key:**

Cardio
Mind Body
Strength
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! **\*COMING SOON\***

**Stress Relief Yoga:** The practice of yoga can help to reduce stress and improve our overall physical and mental health. In this class, we will focus on yoga specifically as a tool for stress relief. We will flow through a feel-good yoga sequence that helps us let go of stress and walk away feeling lighter, calmer, and more open to the present moment.

## 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®:** **Want to burn a ton of calories and average 5,000 steps without even realizing it? We take the “work” out of workout, in this dance fitness class by mixing low-intensity and high-intensity moves with vibrant Latin and world rhythms. Let the music free your body as you shrink everything but your smile!**

**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:** Join our pool party! Get your heart pumping and muscles burning as you move through the water & improve your fitness with a splash! **\*COMING SOON\***

**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. **\*COMING SOON\***

**Cyclorama/ Morning/ Evening/ Spin It:** 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.

**Strong by Zumba:** If you like HIIT, you are going to love this class! STRONG by Zumba is a music-led interval training class. Inspired by the beats and sound of the music, this total-body workout will push you beyond your limits. Using your own body weight, you will gain muscular endurance, definition, and tone! Feel every beat, sync every move, work every muscle - leave stronger than ever before!

**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! THIS WORKOUT IS TOUGH, BUT ALL LEVELS ARE WELCOME!

## 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.