

Exercise Class Descriptions



Group Exercise Classes

Adult Conditioning - Designed for older adults with an emphasis on cardiovascular & strength training exercise.

Boot Camp - Expect to challenge your mind and body as you alternate between high and low intensity exercises through timed intervals of free weights, plyometrics, cardio training & balance work. Boot Camp classes are full of variety and every workout is unique. Expect the unexpected. Our instructors have access to many gym toys: benches, risers, mats, resistance bands, superbands, free weights and so on.

Boxing – Introductory boxing drills using heavy bags, mitts, and other equipment.

Cancer Wellfit* - A safe, inviting exercise program developed to improve the physical health & quality of life for people with cancer. The program consists of one hour of group exercise three days per week.

Cardio & Core – Cardio intervals coupled with core training to leave you feeling great!

Chair Mobility - Chair workouts that include stretches and movements that enhance flexibility, thereby reducing the risk of injuries and improving overall mobility.

COPD* – A maintenance exercise class that focuses on improving cardiovascular endurance for persons with lung disease after completion of Pulmonary Rehab Phase II.

Cycle - An aerobics class "on wheels". Participants use the stationary cycle to simulate a real-world bicycle obstacle course, complete with hills, valleys, sprints, etc.

Cycle & Sculpt – Part cycling. Part body sculpting. Come enjoy the best of both in this time efficient class!

Heart Fit* - A gentle blend of cardiovascular fitness, core strengthening, & stretching designed for active mature adults. Participants enjoy choreography, cardio machines, & weight training. Heart rate & blood pressure are monitored.

Heart Strong* - An exciting blend of cardiovascular fitness, core, & stretching designed for active mature adults who can easily transition from the floor to standing position. Participants enjoy choreography, cardio machines, & weight training. The class is led by a degreed exercise physiologist who monitors heart rate & blood pressure.

HIIT FITT – A 30-minute high intensity class designed to get you in, work you out, and send you on your way – fast!

Low- Impact Sculpt - an energetic, upbeat aerobics class that combines cardiovascular training & toning exercises, for a superior total body workout. A great workout for all levels of fitness enthusiasts.

Pilates - Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Classes will be taught using slow, controlled movements.

Pink – A 12-week program designed to support and encourage women recovering from breast cancer.

Strength Training – Weights, weights, and more weights! Reps, sets, super sets, compound sets, and repeat!

Step & Sculpt - An intense class using classic step aerobics & h& weights to sculpt the major muscle groups.

TRX – Born in the Navy SEALs, suspension training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously. The TRX leverages gravity and the user's body weight to complete hundreds of exercises.

Extreme Bootcamp – An aerobic and strength fusion using a variety of machines and free weight equipment.

Women's Strength Training – A total body strengthening and sculpting class designed to empower women.

Zumba Gold – a fusion of Latin and other music / dance themes that create a dynamic, exciting class.

Mind Body Classes

Adaptive Yoga 1 - A unique & gentle class that explores proper joint configuration, thru precisely designed sequences & the use of chairs & other props, combining yoga with biomechanics. Every class ends in guided relaxation.

Adaptive Yoga 2- A level up from Adaptive yoga. This distinguished class will focus more on yoga strengthening with the chair there for stability. This class will focus more on the flow of yoga movements and poses while increasing flexibility and stability.

Beginner Yoga – An introduction to the proper technique and flow of yoga. Suitable for beginners.

Chair Yoga - Easy yoga poses to bring unity of breath, mind, and body. No floor exercises. Shoes can be worn. No yoga experience necessary. All body abilities welcome.

Functional Stretching – a fluid series of movements that include both dynamic and static stretches. Suitable for beginners.

Intermediate Yoga - This class is designed for students who are ready to take their yoga practice to the next level. Intermediate students will try more advanced poses with the option to modify. There is a restorative portion to the class to calm the body/mind as a balance to the new work.

Power Yoga: Athletic clients will enjoy this energizing & strength building practice. It includes flow (vinyasa) sequences, held postures, & basic inversions. Rhythmic breathing with conscious movement increases strength, endurance, balance & flexibility by uniting total body & breath.

Tai Chi – Improves circulation, balance & helps relax & strengthen the nervous system.

Women's Heart Yoga – A free exercise class offered by the Piedmont Healthcare Women's Heart Program. Membership is not required to participate.

Yoga - In yoga, we connect the rhythm of the breath with a series of yoga poses (asanas). This is a zero-judgement class, everyone moves to their own ability, so all levels are welcome. Participants may use blocks and adjustments/accommodations can be made to poses.

Aquatic Classes

Aqua Cardio Mix – Get the benefits of a high-energy calorie-burning workout without the pull of gravity on the body. Water reduces the impact on joints, specifically the knees and back yet retains all the general health benefits of regular exercise.

Aquatic Spine Wellness* - A specialized fitness program designed for back/neck pain relief & to condition, strengthen & support the muscles of the spinal column. This program is safe for both pre-op & post-operative patients.

Aquatic Arthritis* - This class is designed to help maintain normal joint movement, relieve stiffness & restore flexibility.

Club Water Walking - A non-strenuous, cardio water work out combining range-of-motion exercises & walking designed to increase muscular endurance, flexibility & cardiovascular fitness.

Water Aerobics - An aerobics class in the water. The buoyancy of the water will provide a virtually impact-free cardiovascular workout, significantly reducing stress on the joints & muscle soreness. **Note: the evening & Saturday classes are higher intensity & may not be suitable for beginners.**

Other Services

Swim Lessons – swim lessons are available for anyone 6 months and older. You can retrieve a schedule at the front desk. Call 404-351-5309 or email acog.swim@gmail.com to register.

Physical Therapy* – indicates specific times the therapy pool is reserved for physical therapy use only.

Massage Therapy – Call Janet Griesbach at 404-539-8147 or email jlgriesbach@gmail.com to schedule.

Personal Training – Email atlantafitness@piedmont.org for information.

**Medical clearance required*