

## Class Descriptions

**\*\*Please have consideration for others and avoid cologne/perfume, mobile phones, tardiness and leaving early. If you sign up in advance for a class and cannot make it, please call to cancel. Early arrival for Rep Reebok is advised to set up equipment.**

**Balance:** Exciting class designed to help improve balance during daily activities. (30 m)

**Ballroom Dancercise:** Exercise with the basic steps of Salsa, Swing, Meringue, Waltz, Cha-Cha, Rhumba, Samba, Two-Step and much more. (50 m)

**Body Therapy:** Blends yoga Pilates, and ballet based exercises to alleviate discomfort in the lower back. These exercises release pressure in the lumbar spine, help maintain spinal range of motion, and develop abdominal strength to support the lower back. (45 m)

**Boot Camp/Cardio Fusion:** A high intensity class that incorporates aerobic and anaerobic exercises. This ultimate circuit workout combines power, functional strength patterns, and easy cardio moves for a peak workout experience. (60 m)

**Flexibility:** Total body stretching class which helps with increased range of motion to the muscles and tendons. (30 m)

**Kickboxing:** High intensity aerobic workout using kickboxing bags (45-60 m)

**Rep Reebok:** Weight training class which utilizes barbells and dumbbells of varying sizes to strengthen and tone the entire body (60 m)

**Rep Reebok Tutorial:** Teaches proper form for free weight training for safety and injury prevention as well as proper technique to achieve full benefits of free weight training in Rep Reebok (30 m)

**Sr. Strength Training:** Fun Sr's. class includes aerobic warm-up, light aerobic workout and strength training of major muscle groups and cool down stretches. Use of dumbbells & resistance bands will increase strength and help maintain balance. (30 m)

**Start Me Up:** Seated class accommodating specific needs associated with immobility and related conditions. Exercise modifications are tailored to meet individual needs and combines endurance, muscle strength and flexibility (30 m)

**Start Me Up Yoga:** Novice yoga class introducing basics of yoga techniques. Gentle repetitive yoga poses to equip you for the natural unassisted flow of advanced Yoga (60 m)

**Power Yoga:** Intermediate to advanced yoga practice offers a challenging format of asanas poses to deepen your yoga experience. Utilizes standing and seated poses (60 m)

**Yoga/Pilates Mix:** Merges yoga traditions with Pilates basics through alignment and breath to lengthen and strengthen the entire body. Use your own body weight and small equipment to build abdominal strength, improve posture and increase flexibility (60 m)

**Beginner/Intermediate Yoga:** Takes you through classic yoga postures linked together with breathing, strength and stretching to facilitate emotional and mental wellness (60 m)

**Zumba:** Cardio-based workout with sculpting exercises to tone from top to bottom and inspired by Latin music and dance steps

# Validity Center



## Group Exercise Schedule

**Harbin Clinic Validity Center**

**504 Redmond Rd**

**Rome, Ga 30165**

**T: 706.290.2334**

**F: 706.290.2308**

**M-F 5a-8p & Sat. 8a-4p**

**"Real People, Real Results, Real Fit"**

<b>TIME</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>
<b>5:30 a.m.</b>	Zumba!-Wanda	X-Train by Hayle	Zumba! -Wanda	X-Train by Hayle		
<b>8:00 a.m.</b>	Rep Reebok Tutorial	Body Therapy- Jeanne		Body Therapy- Jeanne	Rep Reebok Tutorial	
<b>8:30 a.m.</b>	Rep Reebok-Millie/ Ellyn		Rep Reebok-Millie/ Ellyn		Rep Reebok-Millie/ Ellyn	
<b>9:00 a.m.</b>		Power Yoga-Millie		Power Yoga-Millie		<b>9 AM INSTRUCTOR'S CHOICE</b>
<b>9:45 a.m.</b>	Flex-Ellyn		Flex-Ellyn		Flex-Ellyn	
<b>10:15 a.m.</b>	Balance-Josh 10:30-Start Me Up- Ellyn	Start Me Up Yoga- 10:30 Millie	Balance-Josh 10:30-Start Me Up- Ellyn	Start Me Up Yoga- 10:30 Millie	Balance-Josh 10:30-Start Me Up- Ellyn	<b>10 AM YOGA</b>
<b>10:45 a.m.</b>	Sr. Strength-Josh		Sr. Strength-Josh		Sr. Strength-Josh	<b>11 AM– Jump Rope – Brian</b>
<b>12:10 p.m.</b>	Instructor's Choice-Millie 12:00 Start Up Yoga	Instructor's Choice-Michelle	12 pm Dancercise- Jeanne	Instructor's Choice-Michelle	Instructor's Choice-Millie 12:00 Start Up Yoga	
<b>5:30 p.m.</b>	Rep Reebok-Sue	Boot Camp-Sue Pilates/Yoga Mix- Mille	Rep Reebok-Sue	Kickboxing-Teri Pilates/Yoga Mix- Mille	Zumba!- Wanda	
<b>6:30 p.m.</b>	Boot Camp-Sue	Beginner/Int. Yoga- David	Power Yoga-Millie	Beginner/Int. Yoga- David		