

## Class Descriptions

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

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

**Cycling:** Indoor cycling class with added core strengthening

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

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

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

**MTS-** 12-week weight training period, guiding you through more than 40 workouts & 3 levels of fitness (with nutrition and healthy eating tips)- building endurance, muscle & strength

**Outdoor Trekking**—6-wk group walking class held in scenic, historic downtown Rome. Walking shoes & water necessary. Prepare to conquer the hills & streets of downtown. Group meets **outside** of Harbin's 2nd Ave building next to Owens Hardware. **Come dressed and ready to walk. No restroom or entrance available to this building.** (1 hr, Sept. 6-Oct. 13)

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

**R.I.P.P.E.D.**-Total body, high intensity program, using free weights, resistance & body weight, combines components of **R.I.P.P.E.D.** --- **R**esistance, **I**ntervals, **P**ower, **P**lyometrics, **E**ndurance & **D**iet suggestions

**Shadow Boxing:** Combination of punches & kicks while gaining kinesthetic, cardio, strength, improved endurance & muscle tone benefits. It's a great core workout that does not require gloves or specialize boxing equipment

**Sr. Functional Training:** Fun Sr class includes warm-up, aerobics & strength training & cool down stretches. Use of dumbbells & resistance bands increase strength & maintain balance. Seated accommodations available for specific needs. Exercise modifications tailored to individual needs (45 m-1hr)

**Beginner's 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)

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

**Zumba-**Cardio-based workout w/sculpting exercises & inspired by Latin music & dance

# Harbin Clinic Vitality Center



## Group Exercise Schedule

**Harbin Clinic Vitality 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>	Shadow Boxing- Amy	Core & More- Amy Cycling-Andee	Shadow Boxing- Amy	Cardio Sculpt- Amy Cycling-Andee		
<b>8:00 a.m.</b>		Body Therapy-Jeanne		Body Therapy-Jeanne		
<b>8:30 a.m.</b>	Rep Reebok-Ellyn		Rep Reebok-Ellyn		Rep Reebok-Ellyn	
<b>9:00 a.m.</b>		Yoga-David Arthritis Foundation Exercise- Ellyn/Toris		Yoga-David Arthritis Foundation Exercise- Ellyn/Toris		Cardio Sculpt- Michelle H2-Brian— (11/5-11/26) NEW!
<b>9:45 a.m.</b>	Flex-Ellyn		Flex-Ellyn		Flex-Ellyn	
<b>10:30 a.m.</b>	Sr. Functional Training- Ellyn	Yoga-David	Sr. Functional Training- Ellyn	Yoga-David	Sr. Functional Training-Ellyn	Zumba-Joanna
<b>12:10 p.m.</b>	Kickboxing- Michelle Beginner's Yoga- David	Cardio Sculpt- Andee	12pm Dancercise-Jeanne Beginner's Yoga- David	Cardio Sculpt- Andee	Beginner's Yoga- David	
<b>5:30 p.m.</b>	Lean& Ripped MTS-Sue Shadow Boxing- Amy	Zumba-Joanna Ripped -Sue Outdoor Trekking-Amy (Ends 10/27)	Lean & Ripped MTS- Sue	Zumba-Joanna Ripped -Sue Outdoor Trekking-Amy (Ends 10/27)	Zumba-Joanna	
<b>6:30 p.m.</b>	Boot Camp-Sue	Yoga-David	Cardio Fusion-Sue	Yoga-David		