



EMH Wellness Center Group Fitness Schedule



Elbert Memorial Hospital Wellness Center Group Fitness

Cardio Step – a cardiovascular workout that utilizes the step for a heart pumping cardio workout.

Kettlebell Cardio Circuit – use kettlebells, bikes and rowers to circuit through a series of kettlebell strength training exercises and cardio intervals.

Stability Ball Sculpting – use the stability ball to define the entire body with a variety of bodyweight exercises.

Yoga – challenge your balance, strength and flexibility on the mat moving through a flow of poses and asanas.

Upperbody/Core Strength – a power packed weightlifting class designed to strengthen and sculpt the arm and core.

Lowerbody/Core Strength – a strength training class designed to tone and sculpt the legs, glutes and core.

Complete Core – 30 min of abs, obliques and back to strengthen and sculpt a tight midsection.

Mixbody Pump – a combination class of a variety of strength training moves for a complete full body workout.

Brazilian Abs and Butt – Sculpt yours abs and glutes in this 30 min intensely focused class.

HIIT – a High Intensity Interval Training class that incorporates plyometrics, strength, and agility drills for a heart pumping challenge.

Pound – a cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Pound class uses Ripstix to transform drumming into an incredibly effective way of working out.

Barre – a class that use a combination of postures inspired by ballet. The barre is used as a prop to balance while doing exercises that focus on isometric strength training combined with high reps of small range-of-motion movements.

Shotokan Karate – a traditional Japanese Karate that is beneficial both mentally and physically. It improves self defense skills, balance, and coordination. Shotokan Karate is a form of fitness that will benefit you for a lifetime.

SilverSneaker Classic – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Handheld weights, elastic tubing with handles, a SilverSneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneaker Yoga – Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

SilverSneaker Boom MOVE –MOVE is a fun, dance-inspired workout. The class improves cardio fitness with easy-to-follow moves and energizing music.