



EMH Wellness Center Group Fitness Schedule



Monday:

8:30-9:00 am	Cardio Step	Susan
9:00-9:30 am	Kettlebell Cardio Circuit	Susan
10:00-11:00 am	Yoga	Susan
12:00-12:30 pm	Upperbody/Core Strength	Rhonda
2:00-2:45 pm	SilverSneaker Yoga	Ken
5:15-5:45 pm	Mixbody Pump	Sandro
5:45-6:15 pm	Brazilian Abs n Butt	Sandro
6:30-7:15 pm	Shotokan Karate (ages 4-7) *Extra Fee	Sandro
7:15-8:00 pm	Shotokan Karate (ages 8-13) *Extra Fee	Sandro

Tuesday:

8:30-9:00 am	Yoga	Susan
9:00-9:30 am	Barre	Susan
10:00-10:45 am	SilverSneaker Classic	Ken
11:00-11:45 am	SilverSneaker Yoga	Ken
12:00-12:30 pm	Lowerbody/Core Strength	Susan

Wednesday:

8:30-9:00 am	Cardio Step	Susan
9:00-9:30 am	Stability Ball Sculpting	Susan
10:00-10:30 am	SilverSneaker Boom MOVE	Susan
12:00-12:30 pm	Upperbody/Core Strength	Susan

Thursday:

8:30-9:00 am	Yoga	Susan
9:00-9:30 am	Complete Core	Susan
12:00-12:30 pm	Lowerbody/Core Strength	Susan
2:00-2:45 pm	SilverSneaker Classic	Ken
5:15-5:45 pm	Mixbody Pump	Sandro
5:45-6:15 pm	Brazilian Abs n Butt	Sandro

Friday:

8:30-9:00 am	Cardio Step	Susan
9:00-9:30 am	Upperbody/Core Strength	Susan
10:00-10:45 am	SilverSneaker Yoga	Ken
11:00-11:45 am	SilverSneaker Classic	Ken

Staffed Hours:

Mon: 7am - 7pm
 Tues: 7am - 7pm
 Wed: 7am - 3pm
 Thurs: 7am - 7pm
 Fri: 7am - 3pm

Door Access Hours:

Mon: 5:30am - 7am & 7pm - 10pm
 Tues: 7pm - 10pm
 Wed: 5:30am - 7am & 3pm - 10pm
 Thurs: 7pm - 10pm
 Fri: 5:30am - 7am & 3pm - 10pm
 Sat & Sun: 5:30am - 10pm

4 Medical Dr.

Elberton, GA 30635

(706) 283-6831 (P)

(706) 213-2578 (F)

wellnesscenter@emhcare.net

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.

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.