

CWC GROUP FITNESS SCHEDULE

As of 4/1/24

GROUP FITNESS STUDIO A

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
RISE W/ Shine 7:00 am - 60min Shine PIYO 9:00 am - 60min Patti CHAIR YOGA 10:15 am - 60min Patti 20/20/20 11:30 am - 60min Pat FUNCTIONAL FITNESS 4:15 pm - 45min Gloria CARDIO SCULPT 5:30 pm - 60min Young	CARDIO SCULPT 9:00 am - 60min Ellen CHAIR YOGA 10:15 am - 60min Shine STATION NATION 12:15 pm - 45min Aktzi PIYO with a twist 4:15 pm - 60min Gloria	RISE W/ Shine 7:00 am - 60min Shine PIYO 9:00 am - 60min Patti CHAIR YOGA 10:15 am - 60min Ellen 20/20/20 11:30 am - 60min Pat	CARDIO SCULPT 9:00 am - 60min Ellen CHAIR YOGA 10:15 am - 60min Shine STATION NATION 12:15 pm - 45min Aktzi CHAIR YOGA with a twist 4:15 pm - 45min Gloria	PIYO 9:00 am - 60min Patti CHAIR YOGA 10:15 am - 60min Patti	CHAIR DYNAMICS 10:15 am - 60min Aktzi

GROUP FITNESS STUDIO B

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A.M. YOGA 9:00 am - 60min Young CARDIO FUSION 10:30 am - 60min Chey YOGA FLOW 4:00 pm - 60min Young	CARDIO FUSION 10:30 am - 60min Chey YOGA BASICS 1:30 pm - 60min Young TAI CHI 2:45 pm - 60 min Young	CARDIO BLEND 9:15 am - 45min Aktzi YOGA BALANCE 1:30 pm - 60min Young PILATES 4:00 pm - 45min Young	INTRO TO TAI CHI 9:00 am - 60min Young CARDIO FUSION 10:30 am - 60min Chey YOGA BASICS 1:30 pm - 60min Young TAI CHI 2:45 pm - 60min Young PIYO 6:00 pm - 60min Aktzi	CARDIO FUSION 10:30 am - 60min Chey *NEW*RESTORATIVE YOGA 1:30 pm - 60min Young	STRENGTH & TONE 9:00 am - 60min Chey STATION NATION 10:30 am - 45min Chey

IMPORTANT ADDITIONAL INFORMATION

- Add-On Fee is Required to participate in Group Fitness Classes
- Class instructors are subject to change without notice.

CWC HOURS

Mon-Thurs: 5:30 a.m.-9 p.m.
Fri: 5:30 a.m.-8 p.m.
Sat: 8 a.m.-5 p.m.
Sun: 2 p.m.-6 p.m.



Call: 404.231.0375

Visit: communitywellnesscenter.com

Stop By: 2715 Peachtree Road NE
 Atlanta, GA 30305

PERSONAL TRAINERS

Our certified personal trainers are available to help you set up a customized fitness program. Stop by the front desk for more information and to set up your fitness assessment.

PRIVATE SWIM INSTRUCTORS

Certified instructors are available to teach private or semi-private swimming lessons. Stop by the front desk for more information about private swim lessons and available instructors.

CLASS DESCRIPTIONS

20/20/20: It is designed to allow you to work at your own pace. Ideal for beginners or if you are getting back into a fitness routine This class is an effective way to regain strength, stability and cardio.

A.M. YOGA: A.M. Yoga will always incorporate 2-3 standing poses for balance and 8-10 poses for flexibility per class. Beginners and advanced can all join and benefit from this traditional Hatha Yoga practice. Yoga props help but are not mandatory to join.

CARDIO BLEND: A interval training class which consists of compound exercises in a station format.

CARDIO FUSION: Total body interval workout designed to confuse and engage the muscles in order to achieve optimal fitness and sculpt lean muscle mass.

CARDIO SCULPT: A combination class consisting of a variety of mid-tempo cardiovascular exercises for cardio conditioning and sculpting, with intervals of resistance training using weights, bars and balls.

CHAIR DYNAMICS: Chair inclusive mobility exercise for all ages and fitness levels.

CHAIR YOGA: A gentle form of yoga that can be done while sitting. This class can improve your flexibility, concentration and strength, while boosting your mood, and reducing stress and joint strain.

FUNCTIONAL FITNESS: This class will prepare you for stronger core muscles that are used on a daily basis to keep you upright. Moving in a functional pattern that correlates with routine movements, help stabilize and optimize the longevity of your balance and total wellness for a lifetime.

INTRODUCTION TO TAI CHI : Everyone can learn Tai Chi and Chi Gong to improve their circulation and balance. This is a entry level class providing all standing exercises without ever getting on the ground. Raise your chi in the A.M.

PIYO: A hybrid class which fuses pilates and yoga into one great body-conditioning workout. This class will not only strengthen your core muscles, but improve your joint range-of-motion

RESTORATIVE YOGA: This class includes easier poses that restore the body. The class has qualities of Nidra Yoga inviting more breathing exercises and less than 20 poses per class. Mats, blocks and straps are provided.

RISE & SHINE: A 60-minutes class designed to stretch, tone and wake up the body for the day.

STATION NATION: The next stop to a better you! This class utilizes challenging segments of cardiovascular work, muscle conditioning and other athletic drills in station format to ensure a complete total body workout.

STRENGTH & TONE: Multi-functional stretch that will use dynamic movement and varied resistance to build long, lean muscle mass. This class will lift, tighten and re-fine the core and lower body.

TAI CHI: A centuries-old Chinese dance-like exercise form. It's practice benefits one's balance, coordination, strength, stress relief and energy. Plus, it's fun to do!

YOGA: This class is designed to promote strength and flexibility as participants move through a series of poses and concentrate on their posture and breathing.

YOGA BASICS: Yoga Basics ensures that traditional Hatha poses are practiced emphasizing posture while standing, on the knees, on the buttocks, belly and finally the back. This is a well rounded workout featuring new poses often. It is suitable for all levels.

YOGA FLOW: Yoga Flow is a Hatha class that demonstrates the connections of one pose to the next. These vinyasas allow for more poses in the class than yoga basics and leads to salutations and a greater workout. Poses do not necessarily move fast as advanced practitioners as all are welcomed.

GROUP FITNESS POLICIES

The Community Wellness Center provides a variety of group fitness classes which are led by trained and experienced instructors. The schedule for these classes varies monthly and is based on general interest and participation reports. Suggestions from participants are always welcome. Participants in the class are expected to adhere to the following guidelines in order to make the workout experience a great one for all.

1. Be on time. The warm-up is important to avoid injury. Classes are closed ten minutes after the class time begins.
2. Do not do your own routine. This is discourteous and distracting to your fellow members and your instructor. If you have a medical condition that prevents you from following the instructed routine, please consult your doctor and inform the instructor.
3. Keep conversation to a minimum. Excessive talking is disruptive and inconsiderate to your fellow members and your instructor.
4. Be considerate of other members exercise space.
5. Water may be taken into the studios, provided it is in an enclosed, unbreakable water bottle.
6. If you have to leave class early, please take time to cool down in order to prevent injury. Do so without disrupting the class.
7. If you have "issues" with an instructor, please discuss the problems or concerns with the CWC Manager.
8. You must return all equipment to the appropriate space.
9. Please do not use equipment unless directed by a fitness instructor.
10. Please do not bring gym bags, purses, coats, etc. into the fitness or pool areas. All items should be properly secured.

