

Spring 2018

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**Try Before You Buy
1/16- 1/21**

Group Fitness Schedule - WPEC January 16th -April 30th, 2018

WPEC 4th FLOOR	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15-8:20am		Sunrise Yoga Ron		Sunrise Yoga Ron			
11:00-11:50am							Power Vinyasa Yoga Blaire
12:10-12:50pm					Stress Relief Yoga Halle	Barre Maya	
4:30-5:30pm 4:15-5:30pm*	XFIT Brandon*		XFIT Brandon*	HIIT Jennifer			
5:30-6:20pm		Bolly X Rachel	Buttz-N-Gutz Emily	Bolly X Rachel			
6:30-7:20pm 6:30-7:30pm*	STRONG by Zumba Lupe*	HIIT Jennifer		HHF Werk/Tone Kaitlin			
WPEC 2nd FLOOR	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:20pm	Happy Yoga Flow Martine	Hatha Flow Yoga Gracie	Zumba Lupe	Hatha Flow Yoga Gracie	4:00pm Align & Shine Yoga Stacy		4:00-5:00 pm Yoga Stephanie
6:30-7:20pm 5:00- 6:00pm*		Hip Hop Fuego Kaitlin	Mindful Yoga Martine		General Self- Defense*		
7:30-8:20pm		Tae Kwon Do		Tae Kwon Do			
WPEC ICS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45-7:45am		Morning Ride Ida		Morning Ride Ida			
11:30-12:30pm	Spin It Paula	Spin It Hazel		Spin It Hazel			
5:30-6:30pm	Cyclorama Lara	Evening Ride Griffin	Cyclorama Lara	Evening Ride Griffin			

SAAC Group Fitness Schedule - January 16th - April 30th, 2018

SAAC STUDIO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00-12:50pm						Vinyasa Yoga Melissa	
12:30-1:30pm						AquaFit (Pool) April 1st	
5:15-6:15 pm 2:00-3:00 pm*				AquaFit (Pool) Begins April 1st			Power Vinyasa Yoga Emily*
5:30-6:30 pm 5:15-6:20pm*	Hatha Flow Yoga Karolyne	XFIT* Brandon	Hatha Flow Yoga Karolyne	Buttz-N-Gutz Brandon	XFIT Improv Brandon		4pm STRONG by Zumba Lupe
6:30-7:20pm	Hip Hop Fuego Kaitlin	Zumba Nicole	Hip Hop Werk/Tone Kaitlin	STRONG by Zumba 6:30-7:30pm Lupe			
7:30-8:20pm	Yoga Core Melissa	Pilates Cecilia		Yin Yoga Melissa			

**** No classes Jan 15 (MLK), Mar 10-18 (Spring Break)****

The Group Fitness schedule is subject to change. **Group Fitness Class cards and valid Emory ID's are required to attend any fitness class.** Please arrive to classes on time. Fitness cards may be purchased from the WPEC Membership Office or the SAAC Welcome Desk. Visit each facility website to review forms of accepted payment.

PRICING: One class card= \$5 each

Student class card= \$30/Spring

SAAC Member Class card (non-students)= \$35/Spring

WPEC Member Class card (non-students)= \$35/Spring

WPEC +SAAC Class card (non-students)=\$55/Spring

WPEC Membership Office Hours:

Mon-Thu: 11am -6:30pm

Fri: 11am-5:30pm

play.emory.edu

Fall SAAC Hours:

Mon-Fri 7am -10pm

Sat-Sun 8am -10pm

Class Key:

Cardio
Mind Body
Strength
Dance
Martial Arts

CLASS DESCRIPTIONS

MIND & BODY

Yoga Core:

In yoga, we recognize that there is a whole world of muscles, actions, and energy contained within our core beyond just our superficial abdominal muscles that can be strengthened with yoga postures, breath, and awareness. Yoga Core incorporates sequences of all three of these components to bring students into more core-generated alignment to improve safety and stability and strengthen and transform the body and mind. The Yoga Core class will always end with some stretch and cool-down postures and then a few minutes of savasana to relax and integrate the effects of the class.

Happy Yoga Flow: According to mounting science, yoga enhances mood and health. Positive emotions have been shown to broaden your mind and slow breathing to activate areas in the brain connected with happiness. Building on research this class aims to raise awareness on positive thinking and to spark feelings of joy and contentment while practicing yoga. Participants focus on slow breathing while moving through a flow of poses with a smile. The flow goes from gentle to a fun challenge and combines styles of yoga from Vinyasa to Hatha Flow. As a result, the class welcomes any person wishing to be exposed to a broad collection of yoga benefits.

Mindful Yoga: Slowdown your busy mind and cultivate gratitude to enhance your creativity, productivity and performance. That class aims to improve focus by combining mindfulness meditation and yoga. Participants develop the habit of being aware of their own thinking, emotions and sensations in a nonjudgmental way and use that understanding to strengthen their attention when practicing yoga poses. The complexity of the poses ranges from beginner to more expert and are used to challenge the mind and increase gratitude feelings. Mindful Yoga is the perfect class to practice and enhance a wide range of yoga poses that will benefit both body and mind. Finally, Mindful yoga is designed to benefit any participant including athletes.

Power Vinyasa Yoga: Get ready to sweat, be challenged, and have fun! In Power Vinyasa students flow from pose to pose – utilizing the principles of alignment, personal awareness and breath. Classes are physically challenging and creatively designed to transform your body, inspire your practice and help you find your edge. This class is energetically challenging, however, ALL yogis are welcome. Some inversions and arm balances will be offered but use your intuition and do what's best for your practice.

Align and Shine Yoga: Build strength and access greater flexibility, learning the subtle alignment of all your favorite yoga poses, and more! Get deeper into the hips and shoulders, learn to access more grounding so you can expand more fully. Classes will usually build up to a peak pose, sometimes arm balances, or revolve around a common theme. Prepare to sweat, smile, and have fun!

Hatha Flow Yoga: Hatha is most often used to describe gentle, basic yoga classes with no flow between poses. Expect a slower-paced stretching-focused class with some basic pranayama breathing exercises and perhaps a seated meditation at the end. Hatha classes are a good place to work on your alignment, learn relaxation techniques, and become comfortable with doing yoga while building strength and flexibility.

Pilates: A challenging class that uses mind-body exercises to stretch & strengthen muscles. Pilates focuses on the abdominal powerhouse & works the rest of the body through the core connection. All exercises have prep, beginner & intermediate options, allowing work at individual levels.

Sunrise Yoga: Get your day started off right with this all-levels, hour long class that promotes the body-mind connection while promoting muscular strength, endurance, & flexibility.

Vinyasa Yoga: This all-levels Vinyasa yoga class challenges yogis while offering the freedom to explore, modify & intensify postures & sequences. Each class includes a mix of postures structured around a yoga flow sequence that will strengthen & stretch your body & mind.

Yin Yoga: This class stretches muscles & tissues, while improving range of motion & cultivating an integration between body & mind. In this class, yoga poses are held for as long as 2-3 minutes to allow the muscles to stretch, the body to relax & the mind to find a sense of calm & inner peace.

Hi-Energy Yoga: This innovative class builds on Vinyasa style yoga to connect breath with movement in more creative and challenging ways. Set to upbeat music, students are encouraged to grow and explore by adding postures and modifications as class progresses. This class builds physical and mental strength while encouraging you to connect with your body and step outside your comfort zone!

Stress Relief Yoga: The practice of yoga can help to reduce stress and improve our overall physical and mental health. In this class, we will focus on yoga specifically as a tool for stress relief. We will flow through a feel-good yoga sequence that helps us let go of stress and walk away feeling lighter, calmer, and more open to the present moment.

DANCE

Hip Hop Fuego (HHF): Who says that cardio has to be boring? Fuego is Spanish for FIRE! Heat up in this 50-minute dance party that combines hip hop & Latin rhythms! This high energy dance class burns over 500 calories!

Zumba®: Want to burn a ton of calories and average 5,000 steps without even realizing it? We take the “work” out of workout, in this dance fitness class by mixing low-intensity and high-intensity moves with vibrant Latin and world rhythms. Let the music free your body as you shrink everything but your smile!

Hip Hop Fuego (HHF) Werk & Tone: Looking to burn calories & tone up at the same time? Hip Hop Fuego & Tone is the perfect combination of dance, cardio & sculpting. Arms, legs, abs...get ready to be swimsuit ready all year long!

Bolly X: A Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and motivated.

CARDIO

AquaFit: Join our pool party! Get your heart pumping and muscles burning as you move through the water & improve your fitness with a splash!

Cyclorama/ Morning/ Evening/ Spin It: Uniquely tailored to suite a wide range of abilities & fitness goals, Spin offers participants an energizing, low-impact yet high intensity workout with no complicated moves to learn. The music begs your legs to pedal! Getting into the best shape of your life has never been more fun!

STRENGTH

Butz-N-Gutz: Ab attack is a quick but intensive 30 minute class designed to sculpt and strengthen all the muscles in the core. This class is upbeat and fun, but be prepared to work! Everybody wants better abs! Strong abs contribute to a strong body and this class knows how to hit ‘em hard!

Barre: Barre is a low impact class designed to lengthen, strengthen, and tone every muscle group. This fun and dynamic class uses ballet inspired exercises and incorporates influences from both Pilates and Yoga. All fitness levels welcome, no prior dance experience required.

H.I.I.T.(High Intensity Interval Training): HIIT class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before the busy days get started. Modifications for all fitness levels are provided.

Strong by Zumba: If you like HIIT, you are going to love this class! STRONG by Zumba is a music-led interval training class. Inspired by the beats and sound of the music, this total-body workout will push you beyond your limits. Using your own body weight, you will gain muscular endurance, definition, and tone!