



**Group Fitness Schedule Fall 2018**  
September 4<sup>th</sup> – December 18<sup>th</sup> 2018

WPEC Group Fitness Schedule

WPEC 4 <sup>TH</sup> FLOOR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*6:45-7:30am 7:15-8:15am		Sunrise Yoga Ron	Circuitz* Jennifer	Sunrise Yoga Ron			
4:00-5:00pm					Yoga Stacy		Power Vinyasa Yoga Karolyne
5:30-6:30pm	XFIT Marissa	Circuitz Jennifer	HIIT Marissa	Circuitz Jennifer			
6:30-7:20pm	Yoga Blaire	Beginning Grit Strength Maria		Hip Hop Fuego Werk/Tone Kaitlin			
WPEC 2nd FLOOR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-6:00pm* 5:30-6:20pm	WERQ Christy	Yoga Gracie	Yoga Martine	Yoga Gracie	Self Defense Premium* Jim		
6:30-7:20pm 7:30-8:30pm*	Tae Kwon Do* John	Hip Hop Fuego Kaitlin	Tae Kwon Do* John	Totally Tabata Maria			
WPEC ICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:30-12:30pm	Cycle Molly	Cycle Hazel	Cycle Molly	Cycle Hazel		Cycle Alexa	
5:30-6:30pm	Cycle Griffin	Cycle Livia	Cycle Griffin	Cycle Livia			

SAAC Group Fitness Schedule

SAAC STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00-12:50pm						Vinyasa Yoga Melissa	
5:30-6:30pm	Yoga Core Melissa	Yoga Martine	Stress Release Yoga Melissa	Vinyasa Yoga Emily			
6:30-7:20pm	Hip Hop Fuego Kaitlin	XFIT Marissa	Hip Hop Fuego Werk/Tone Kaitlin	HIIT Marissa			

**\*\* No classes October 6-9<sup>th</sup>, November 20-25<sup>th</sup>\*\***

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:**

- Single Visit: \$5
- Student: \$30/Semester
- WPEC or SAAC Member: \$35/Semester
- WPEC + SAAC Member (Dual): \$55/Semester

WPEC Membership Services Hours:  
Mon-Thurs 11am-7pm, Fri: 11am-5:30pm  
Sat: 11am-3pm

SAAC Hours: Mon-Fri: 7am-12am  
Sat/Sun: 8am-12am



Class Key:
Cardio
Mind Body
Strength
Dance
Martial Arts

Contact: Assistant Director, Brandon Fain  
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## 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.

**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.

**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.

**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!

## 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

**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.

**Circuitz:** A moderate to high intensity, low impact workout that will burn all the calories you desire! Bring water and a towel, you will need them!

**XFIT:** Want an advanced challenge that will have you soaking in sweat in less than ten minutes? Check out this high intensity, functional fitness training that incorporates interval training in a box style workout! THIS WORKOUT IS TOUGH, BUT ALL LEVELS ARE WELCOME!

## MARTIAL ARTS

**Tae Kwon Do:** A well-rounded martial art that originated in Korea, combines combat and self-defense techniques with sport and exercise. Training in Taekwondo is an excellent tool for physical fitness and character. Taekwondo training includes the teaching of blocks, kicks, punches and other strikes; self-defense; and mental discipline. Physically, taekwondo develops strength, speed, balance, flexibility, stamina and self-confidence.

**Self Defense (Premium Class):** Blending ancient and modern martial arts, self-defense teaches both avoidance and reaction to situations where physical violence is likely. Beginners learn techniques for both escaping and subduing attackers. Intermediate students apply these techniques in "real world" scenarios coupled with "in the ring" practice time.