MIND & BODY:

IYENGAR YOGA: A form of hatha yoga named after its founder, Sri BKS Iyengar, focused on precise physical alignment in yoga postures. These classes are designed to deepen students' understanding and experience of yoga in a gradual and systematic way, waking up and enlivening dormant aspects of the human body. Class focus changes weekly, covering standing, seated, twisting, back bending and inverted asanas along with yoga philosophy. Those who attend regularly will learn how to safely practice yoga and develop a foundation for home yoga practice. All levels are welcome. CAPACITY: 35

PILATES: A gentle, yet challenging core workout that will increase body awareness while improving posture and promoting graceful movements. This innovative system of mind-body exercises will help you to develop flat abdominals, a strong back, lean muscles and flexibility—ultimately enhancing your physical and mental well-being. CAPACITY: 30

TAI CHI: The slow, graceful movements of Tai Chi increase strength and flexibility, and improve balance and circulation for individuals of all ages and health conditions. Tai Chi has been known to be an effective therapy for a wide range of health problems, including poor circulation, headaches, high blood pressure, arthritis, back pain, breathing difficulties, digestive, and nervous disorders. CAPACITY: 30

VINYASA FLOW YOGA: Vinyasa is a powerful, physically challenging class that connects postures and movement with breath. Each class follows a similar structure designed to strengthen, stretch, and balance the body and mind. Both beginner and advanced variations and modifications are offered throughout the class. All levels are welcome. CAPACITY: 30

DANCE:

ZUMBA: A dance fitness class with vibrant music that combines interval low impact training with exhilarating Latin rhythms. Learn the latest Latin steps, creating an exciting and fun aerobic workout. Zumba rhythms and moves burn away many calories and tone your entire body. CAPACITY: 30

CARDIO & STRENGTH:

BOOT CAMP: Get in the kind of shape you have only dreamed about! A premier total body workout, that combines short drills from sports including soccer, basketball, kickboxing, skiing, etc. and basic strength and toning exercises such as push-ups, dips, squats and lunges. CAPACITY: 35

CARDIO KICKBOX: This class will work your cardiovascular system while you tone and strengthen your entire body through real boxing techniques. The fast-paced boxing moves will develop strength in the legs and overall stamina. CAPACITY: 30

CORE / FLEXIBILITY: This class will target all of your abdominal muscles to strengthen the core and improve postural integrity. It will also focus on overall flexibility and balance through various stretching techniques and activities. CAPACITY: 30

HIIT/HIGH INTENSITY INTERVAL TRAINING: High intensity interval training incorporating Step, High/Low Impact, and Plyometrics with intervals of strength training. CAPACITY: 30

INDOOR CYCLING: A moderate to high intensity endurance class that is great for all levels of cyclists seeking a great workout. Target heart rate during the class is 65-95% of MHR (maximum heart rate) with the goal to improve general endurance and cardiovascular fitness. First timers should arrive at least 5-10 minutes early so that the instructor can walk through proper bike set-up procedures. CAPACITY: 25

www.play.emory.edu
FitnessEmory@gmail.com