

Piedmont Newnan Fitness Center Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN 5:30am - 8:00pm	OPEN 5:30am - 8:00pm	OPEN 5:30am - 8:00pm	OPEN 5:30am - 8:00pm	OPEN 5:30am - 7:00pm	OPEN 8:00am - 3:00pm	OPEN 1:00pm 5:00pm
9:00am Circuit↑ & Power Hour→	9:00am Barre→	9:00am Circuit^ 9:00am Circuit→	9:00am Barre→ 9:00am Zumba↑	9:00am Circuit>	9:00am Power Hour	
10:30am SilverSneakers® Yoga→	10:30am SilverSneakers® Classic↑	10:30am SilverSneakers® Yoga→		10:30am SilverSneakers Yoga->	10:00am Zumba	
10:30am SilverSneakers® BOOM Move↑		10:30am SilverSneakers® BOOM ↑	10:30am SilverSneakers® Classic↑	10:30am SilverSneakers® BOOM Move↑		
11:30 Gentle Yoga				11:30am Gentle Yoga^		
12:00pm HIIT↑ 1:15pm SilverSneakers® Circuit->	12:00pm HIIT↑	12:00pm Upper Body↑ 1:15pm SilverSneakers® Classic	12:00pm Lower Body↑	12:00pm Core→		
	5:30 Intermediate Yoga >	5:30pm Silver Sneaker Circuit ^	5:30 Intermediate Yoga>			
5:30pm Zumba↑ *No Classes May 30*	5:30pm Power Hour↑	*No 5:30 Silver Sneakers May 11*	5:30pm Power Hour↑		*No Power Hour May 28*	→ = Main-floor ↑ = Upstairs

Piedmont Newnan Fitness Center Class Descriptions

****Barre →** A series of movements that strengthen the entire body and ensure that No muscle is overlooked. With a combination of functional strength, ballet poses, Pilates & Yoga; We use bodyweight as a resistance to focus on alignment and optimal posture while enhancing body awareness, coordination, balance & overall strength. (No dance background required.)

****Gentle Yoga →** Focusing on gentle breathing, stretching and relaxation. Mats are provided, or you can bring your own.

*****Intermediate Yoga →** This class also incorporates breathing, stretching and relaxation but with a more solid understanding of Yoga poses & postures! Expect challenges while you breathe & move.

*****Lunch Express Classes Monday-Friday (30min) ↑ & →**

Monday & Tuesday = HIIT (High Intensity, Interval Training) /
Wednesday = Upper Body Sculpt /
Thursday = Lower Body Sculpt / Friday = Barre.

*Don't worry, we will do core exercises at the end of each class!

****Power Hour/ Cardio ↑ & →**

An hour of upper & lower body strengthening using various types of equipment. We add in cardio to burn even more calories & a little bit of core work.

***SilverSneakers® Cardio Circuit ↑** A non-impact class to improve cardiovascular endurance & muscular strength & endurance.

***SilverSneakers® Classic ↑** MSROM (Muscular Strength & Range of Movement) - Designed to increase strength, range of movement, agility, balance & coordination to improve participant's functional capacities, physical fitness level & sense of well being.

SilverSneakers® BOOM Muscle ↑

Incorporates athletic-based exercises that improve upper body conditioning. You'll move through several "blocks," which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength.

***SilverSneakers® BOOM Mind ↑**

Strength. Confidence. Flexibility. **Mind** takes the best from yoga and Pilates and combines them into one fusion class. Designed to relax the body and **mind** with peaceful music and invigorating movements. The focus of this class is on core muscles, lower body strength and balance.

SilverSneakers® Boom Move ↑

Boom Move A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more ...

***SilverSneakers® Yoga →** Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated & standing postures designed to increase flexibility, balance & range of movement. Restorative breathing exercises & final relaxation will promote stress reduction & mental clarity. This class is suitable for nearly every fitness level.

****Step Sculpt / Power Circuit / ↑ & →**

This 1 hour class promotes cross training, in a circuit format with use of the Reebok Core board, resistance bands, core ball, weights & a step to strengthen all muscle groups! Hi-low step, high energy cardio & strength & kickboxing & other aerobic moves!

***Zumba ↑** A fusion of hypnotic Latin rhythms & easy to follow moves make this fun, different & effective workout! Skip the workout, join the party!

NOTES: *Beginner level / **Moderate / *Advanced. If you are visiting the class for the 1st time, please let us know! ↑ = Upstairs → = Main-floor**

770.254.3550

piedmont.org/newnanfitnesscenter