

Train Station

Bodysculpting – Hand weights and a variety of other fitness equipment is used to tone and firm the entire body. This class will focus on major muscles groups such as the arms, back, chest, legs, buttocks, and abdominals.

Cancer Wellfit - A safe, inviting exercise program developed to improve the physical health & quality of life for people with cancer. The program consists of one hour of group exercise two days per week.

Circuit Training – A free weight & machine based class designed to increase strength, heart rate and kick-start metabolism.

Extreme Brunch – Sixty minutes of heart pounding, muscle sculpting, body transforming mayhem. This high intensity class utilizes all forms of fitness equipment including but never limited to treadmills, dumbbells, bands, steps, and medicine balls.

Extreme 90xs/Core Workout - This core class is unquestionably the best! Designed to bring you the most focused core strength class that will leave you feeling leaner & stronger! **Note: Higher intensity. Not suitable for beginners.**

Heart Fit - A gentle blend of cardiovascular fitness, core strengthening, & stretching designed for active mature adults. Participants enjoy choreography, cardio machines, & weight training. Heart rate & blood pressure are monitored.

Heart Strong - An exciting blend of cardiovascular fitness, core, & stretching designed for active mature adults who can easily transition from the floor to standing position. Participants enjoy choreography, cardio machines, & weight training. The class is led by a degreed exercise physiologist who monitors heart rate & blood pressure.

HIIT FITT – A 30-minute high intensity class designed to get you in, work you out, and send you on your way – fast!

TRX – Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously. The TRX leverages gravity and the user's body weight to complete hundreds of exercises.

Spin Studio

Spin - An aerobics class "on wheels". Participants use the stationary cycle to simulate a real world bicycle obstacle course, complete with hills, valleys, sprints, etc.

Spin & Sculpt - This early morning "fitness adventure" features real-road-feel indoor cycle intervals for the first half of class, then standing strength cardio-inducing exercises for the second half of class.

Mind Body Studio

Barre - combines the muscle-shaping principles of isometrics, the body-elongating practice of dance conditioning, & it hits the right muscles without impacting underlying joints. The class works on an overload then stretch/recovery format.

Beginner's Meditation - Gentle postural stretches, complete relaxation, deep breathing, and guided seated meditation.

Bounce Fitness – a premier brand of rebound fitness that provides a great way to protect your joints from injury, burn calories, and have a super fun fitness or running program.

Correlation Yoga – An intermediate level, vigorous yoga class which focuses on correcting spinal alignment & perfecting the form. Students should expect to be stretched, strengthened, & challenged.

Pilates - emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement.

Power Yoga: Athletic clients will enjoy this energizing & strength building practice. It includes flow (vinyasa) sequences, held postures, & basic inversions. Rhythmic breathing with conscious movement increases strength, endurance, balance & flexibility by uniting total body & breath.

Power Yoga Flow: This yoga class will fire up your core strength as you practice proper posture alignment, flow through demanding yoga sequences and build heat from within by connecting breath to movement. Suitable for all levels.

Restorative Yoga - A unique & gentle class that explores proper joint configuration, thru precisely designed sequences & the use of chairs & other props, combining yoga with biomechanics. Every class ends in guided relaxation.

Sunrise Yoga: An intermediate flowing (vinyasa) class that strengthens & stretches all areas of the body so that people feel invigorated for the day.

Tai Chi 1 - Improves circulation, balance & helps relax & strengthen the nervous system.

Tai Chi 2 – A natural progression from Tai Chi going from 24 forms to 48 forms. Includes longer moving meditation, more challenging balancing postures and deeper insights of Qibong through push hands.

Zumba Gold – a fusion of Latin and other music / dance themes that create a dynamic, exciting class.

Zumba/Salsa Fusion - A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and all of that infused with some Salsa flavor!

Pool Classes

Arthritis Foundation Aquatic Program (AFAP) - Approved by the Arthritis Foundation, this class is designed to help maintain normal joint movement, relieve stiffness & restore flexibility.

Aqua Cardio Mix – Get the benefits of a high-energy calorie-burning workout without the pull of gravity on the body. Water reduces the impact on joints, specifically the knees and back yet retains all the general health benefits of regular exercise.

Aquatic Fibromyalgia – A cardiovascular, strength & flexibility workout with a relaxation component designed to support & empower an individual living with fibromyalgia.

Aquatic Spine Wellness - A specialized fitness program designed for back/neck pain relief & to condition, strengthen & support the muscles of the spinal column. This program is safe for both pre-op & post-operative patients.

Bariatric Aquatic Class – A non-strenuous, cardio water work-out designed to introduce Pre and Post Bariatric Surgery patients to safe exercise. This class focuses on aerobic exercise for endurance, resistance exercises for strength, and flexibility.

Club Water Walking - A non-strenuous, cardio water work out combining range-of-motion exercises & walking designed to increase muscular endurance, flexibility & cardiovascular fitness.

Oh Baby! Water Aerobics - This fun aqua workout will tone your body by using the water for resistance training. Additional benefits: your body will feel lighter & cooler, & water can help reduce swelling.

Recreational Aquatic Arthritis Plus (RAA+) - This class is designed to help maintain normal joint movement, relieve stiffness & restore flexibility with a cardiovascular training component.

Water Aerobics - An aerobics class in the water. The buoyancy of the water will provide a virtually impact-free cardiovascular workout, significantly reducing stress on the joints & muscle soreness. **Note: the evening & Saturday classes are higher intensity & may not be suitable for beginners.**

Group Swim Lessons – group swim lessons are available for anyone 6 months and older. You can retrieve a schedule at the front desk. Call 404-351-5309 or email acog.swim@gmail.com to register.

Private Swim Lessons – private swim lessons are available for anyone 6 months and older. Visit www.swimatl.com for more details. Call 404-351-5309 or email acog.swim@gmail.com to schedule private or semi-private (2 people).

Family Swim – children have access to the lap pool during family swim. Note: the therapy pool is not open for family swim.

Physical Therapy – indicates specific times the therapy pool is reserved for physical therapy use only.

Group Exercise Studio

Abs Class - A 15-minute total abdominal workout.

Adult Conditioning - Designed for older adults with an emphasis on cardiovascular & strength training exercise.

Bodysculpting – a non-aerobic, muscle-toning class usually focused on core strength. Uses weight bars, exercise bands, or dumbbells, or a combination of these gadgets.

Bounce Fitness – a premier brand of rebound fitness that provides a great way to protect your joints from injury, burn calories, and have a super fun fitness or running program.

Cancer WellFit - A safe, inviting exercise program developed to improve the physical health & quality of life for people with cancer. The program consists of one hour of group exercise two days per week.

Cardio Mix – a high-energy circuit training which alternates body sculpting & cardio.

Cardio Strength Fusion - A combination of cardio & sculpting utilizing the flexibility ball, step & free weights.

COPD - A maintenance exercise class that focuses on improving cardiovascular endurance for persons with lung disease after completion of Pulmonary Rehab Phase II.

Creative Cardio - Hi/Low & step cardio with intervals of bodysculpting.

Functional Stretching – stretching that improves the body's ability to fluidly move through full range of motion.

Pink - A 12-week program for individuals completing treatment for breast cancer. The program consists of one hour of group exercise three days per week plus one-on-one exercise consultations with a degreed exercise physiologist.

Healthy Directions - an 8-week program to learn lifestyle modification to prevent type 2 diabetes. Taught by a nutritionist, nurse and exercise physiologist.

Kickboxing – This class of intense cardio kickboxing will leave you sweating, pumped, and ready to take on the world! It blends intense intervals, strength, and endurance training to give you that high-powered workout you can't get enough of.

Low- Impact/Body Sculpt - is an energetic, upbeat aerobics class that combines cardiovascular training & toning exercises, for a superior total body workout. A great workout for all levels of fitness enthusiasts.

Oh Baby! Mom & Baby Fitness – A great all over body workout that incorporates cardio, strength training for arms and legs and focused abdominal work. Your baby can be incorporated into the abdominal and floor exercises

Oh Baby! Mom & Baby Pilates – Abs Recovery Strengthen abdominal muscles, increase circulation & flexibility, improve balance & coordination. You will have the option of involving your baby in the movements!

Oh Baby! Pilates - This class uses a modified sequence of Pilates exercises designed especially for pregnant women. Pilates can help strengthen the pelvic floor, improve balance & alignment, as the body grows bigger & can help reduce lower back pain.

Oh Baby! Toning, Fitness & Yoga Combo - 20 minutes of aerobic, cardio & strength training. 20 minutes of stability/birthing ball exercise. 20-minute yoga cool- down including relaxation, stretching & meditation.

Oh Baby! Yoga - Take the time to center & connect with yourself & your baby. Stretch & learn to relax, breathe & meditate in preparation for the big day. No yoga experience is necessary.

Step & Sculpt - An intense class using classic step aerobics & h& weights to sculpt the major muscle groups.

Zumba – a fusion of Latin and other music / dance themes that create a dynamic, exciting class.