

Group Exercise Classes

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

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 three days per week.

Cardio & Core – Cardio intervals coupled with core training to leave you feeling great!

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.

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

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

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.

Strength Training – Weights, weights, and more weights! Reps, sets, super sets, compound sets, and repeat!

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

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

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.

Women's Strength Training – A total body strengthening and sculpting class designed to empower women.

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

Mind Body Classes

Adaptive Yoga 1 - 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.

Adaptive Yoga 2 - A level up from Adaptive yoga. This distinguished class will focus more on yoga strengthening with the chair there for stability. This class will focus more on the flow of yoga movements and poses while increasing flexibility and stability.

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.

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.

Chair Yoga - Easy yoga poses to bring unity of breath, mind, and body. No floor exercises. Shoes can be worn. No yoga experience necessary. All body abilities welcome.

Beginning Tai Chi Moves - Easy to follow movements designed to improve health of the mind and body. Incorporates Qigong movements to build energy and balance. Suitable for all levels.

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

Yoga Basics – An introduction to the proper technique and flow of yoga. Suitable for beginners.

Aquatic Classes

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 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.

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

Arthritis Plus – Similar to the aquatic arthritis class with an added endurance component in the lap pool.

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

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.**

Other Services

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).

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