

SUMMER I FITNESS CLASSES 2017

June 5 – July 8

No classes July 3 or July 4.



Bootcamp with a Yoga Chaser with Karen

An early morning workout that features cardio and strength drills for 30 minutes followed by 15 minutes of Yoga that will set you straight for the day!

Master Builders with Amy

Specially designed for those 60+ this class splits between Studio work for balance, core and flexibility and Circuit Room work that focuses on strength.

Step Interval with Cindy*No class June 20-29.

A bit old school but a great cardio and weight workout! Intervals of step training and weights with a bit of plyometrics thrown in will ensure you are burning the calories and working the brain!

Pilates with Candace/Heather-No class July 5.

Traditional Pilates matwork helps lengthen your muscles and strengthen your core.

Balance, Stretch and Strength with Kathy

This class is great for those over 60 or new to exercise. Each day features a different prop; Mondays-stability ball, Wednesdays-weights, Friday-resistance bands.

Short Circuits with Dylan

Using body-weight exercises in circuit format for cardio and strength gains-short on circuits, long on fun!

Yo-Pi Integration with Alexis

Putting together the best of both worlds, Yoga and Pilates!

Forever Fit with Brian

Brian provides a variety of seated and standing exercises to keep you interested. A class for a variety of abilities.

Yoga with Karen, Julie or Pam

Yoga is an ancient system designed to increase strength, flexibility, and balance of your spirit, mind and body. Yoga aims to raise awareness of your body and breath and show you how together they can energize the body while simultaneously quieting the mind.

Spin and Strength with Jill

Use the bike for the cardio workout and jump off for some muscle work. Both activities will get a sweat going.

Aerial Arts with Jesse/Whitney*No class June 24.

A great workout using aerial equipment; lyrical hoop, silks, rings, trapeze. Build upper and lower body strength while having a blast!

Weekend Warriors with Brian

This Northside Gym stand-a-lone class is a great start to the weekend. Each Saturday you will be challenged with fun and vigorous workouts that you do at your own pace!

Rock Steady Boxing-Fighting back against Parkinson's Disease!

Improve motor function through this intense, non-contact, boxing style exercise program led by an experienced physical therapist. A partnership with McDonough District Hospital makes this opportunity possible. Contact Cindy Cavett for more details! Held in the Gymnastic Center. Session runs monthly.

Don't forget...

Water Fitness Classes.....Northside Gym Classes.....Personal Training.....Aerial Arts