

Dunwoody Baptist Fitness Center Class Descriptions

Low Impact

Connective Stretch: Pain-free, movement-based stretching

Core Combo: Strengthen your core and so much more with a combination of Yoga and Pilates

Cycle: Calorie-burning cycle class. Pedal to fun music.

Moving Right Along I & II: Increase strength, range of motion, and skills needed for active daily living. MRA I is chair exercises.

Pilates/Quickie Mat: Floor exercises to help build a strong core.

Posture Perfect: A class based on structural alignment through gentle stretches and exercises.

Retro Cardio: Low-impact aerobic workout.

Tai Chi: Stretching, flexibility, balance, and coordination by combining Yoga and meditation.

High Impact

Chisel: Hardcore, boot camp – style workout. Helps build strength and endurance.

Early Bird Burn: Combination of burpees, weights, and more.

HITT: Tabata-style with combination of cardio, weights, and circuit training.

Kick Boxing: High-intensity combination of punches and kicks to strengthen and tone.

Rush Hour Release: A high intensity mix of cardio and resistance drills to build endurance and muscle.

Strength Training: A full-body sculpting class that uses weights to strengthen bones and tone muscles.

Step & Plus: A combination of weights and choreographed steps for muscle conditioning and toning.

Total Body Conditioning: Cardio, core, strengthening, balance, and muscle tone.

Treadmill Trekking: Combination class – treadmill cardio intervals and other methods to tone, and condition your body.

Both

Cardio Plus: Helps build better cardiovascular capacity, flexibility, total body coordination, and balance.

Kick ‘n Sculpt: Abe will get you into shape with this high intensity workout burning calories and building strength.

Refit: A mix of value-positive Christian music with easy-to-follow dance steps.

Total Body Sculpts I & II: Using the whole body, dumbbells, bands, tubes, exercise balls, and body bars.

Trek & Row: A combination workout using a treadmill, rowing machine, and other cardio intervals in between.

Yoga I & II/Gentle Yoga: This toning workout takes you through a series of poses that combine flexibility, strength, power, and balance. Yoga I is more slow and gentle than Yoga II.

Zumba: A dance exercise class that is based on Latin rhythms with easy to follow steps.

Aqua

H2O Fitness: A warm-up, 25-30 minutes of cardio exercise, a cool down to be followed by aqua toning and sculpting exercises.

Aqua Combo: A combination aqua class using the pool floor, resistance and suspension. Equipment provided. An intense, aerobic workout. Stretching and recovery included.

Combo: A fun combination of deep water aerobics and strengthening exercises. Exercises can be done with or without flotation.

Water Works: Learn balance, flexibility, coordination, light aerobic conditioning and muscle strengthening using water as resistance.