

Fitness Class Descriptions (**ALL CLASSES MEET AT THE GROUP FITNESS AREA IN THE COMMONS**)

Specialty Fitness Class/Marlee (Kettle Bells, Pound, Step)

This class is design for a 45 minute workout using a variety skills. Working the overall body from top to bottom. Great full body workout. This class is on Mondays at Noon.

Core & Abs/Raegine

This class focuses on the core stability muscles in the abdominal and low back region. Each class focuses on form, the technique involved in toning, and building strength in this area. Classes last 40 minutes. This class is on Mondays at 4 p.m. and Thursdays at 7 a.m. **CLASS STARTS ON AUGUST 23, 2018.**

Strength and Conditioning Class/Marlee

This is a full body workout class to power the core, legs, and arms. The class is 45 minutes and great for working out with student's faculty and staff. This class is on Tuesdays at 5:15 p.m.

Beginning Yoga/Sydney

If you're new to yoga, this beginner's guide will teach you basic poses and stretches, what to expect in your first class, proper etiquette, and more. You'll feel comfortable in no time. This class is on Tuesdays at 5:15 p.m., Wednesdays at 7 a.m. and Thursdays at 6:15 p.m.

Walking Fitness/Calvin

Enjoy walking exercise. Improve fitness. Enhance wellness. Increase motivation for better health, fitness, and diet. A prerequisite for this course is that you must be willing to have a good time and smile while walking outside. The 45 minute class will take place outside. This class is on Wednesdays at 4 p.m.



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