





ELBERT MEMORIAL HOSPITAL WELLNESS CENTER GROUP FITNESS

<p>POWER COMBO is the ultimate cardio-pumping, muscle-defining workout. It focuses on interval training using steps, body balls, bands, and weights. This workout provides a range of benefits including muscle toning, calorie burning, and total body muscle definition. Get lean, have, fun, and feel great!</p>	<p>POWER DOWN is a low impact combo class that utilizes the step, weights, bands, and resist-a-balls to improve cardiovascular fitness and muscular strength. It is a great beginner class but is challenging even for those who have been exercising for years. All fitness levels can benefit from POWER DOWN.</p>	 <p>POWER PUMP Want to define your body, sculpt your muscles, and build the body you've always wanted? Join POWER PUMP - a power packed weightlifting class designed to benefit men and women, young and old, fit and unfit. Upper body, lower body, and the core will all be challenged in this class.</p>
 <p>POWER FLOW Yoga and Pilates are effective forms of exercise that bring peace to the mind and tone to the body. They work to improve muscular strength, flexibility, balance and coordination, as well as increase mental development and self-sufficiency. Young and old, fit and unfit, can all benefit from Yoga and Pilates. Re-educate your body – start practicing Yoga and Pilates today!</p>	<p>55+ POWER is a low impact, low intensity class geared toward seniors to improve balance, strength, and cardiovascular fitness. This class incorporates a combination of standing and chair exercises making it manageable and beneficial for those in any physical condition. Keep your body moving and your inner self young with 55+ POWER!</p>	 <p>SHOTOKAN KARATE is a traditional Japanese Karate that is beneficial both mentally and physically. It improves self discipline, decreases stress, and increases muscular strength and tone. It also improves self defense skills, balance, and coordination. SHOTOKAN KARATE is a form of fitness that will benefit you for a lifetime.</p>
<p>ELBERT WELLNESS MEMORIAL</p>  <p>4 MEDICAL DR. ELBERTON, GA 30635 (706)283-6831 Phone (706)283-1742 Fax</p>	<p>Improving the physical, mental, and social well-being of Elberton and the surrounding counties.</p>	<p>ATTENTION MEMBERS!!</p> <p>You can access our monthly group fitness schedule and other Elbert Memorial Hospital news at :</p> <p>www.emhcare.net</p>