

Capitol Hill Fitness Center Group Exercise Schedule OCTOBER 2014



**Capitol Hill
Fitness Center**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00a		Bootcamp Kimberly	Cycle & Strength Effie	Bootcamp Xavier	Cycle & Strength Effie	Bootcamp Xavier	GetFit Walk/Run Training* Check us out on www.meetup.com
11:30a		Body Flex Susanne	Dance Fit L'laina	Pilates Effie	Body Flex Kimberly	Step & Flex Kim	
12:30p		Step Susanne	Yoga Susanne	Zumba Gold Christy	Yoga Susanne	TGIF Dance Party* Daniel	*New attendees should come 15 min early to review the line
3:30p			Step Susanne		Cycle Roadtrip Larry		
4:15p		Zumba Tone Christy	Body Flex Floyd	Cycle Roadtrip Larry	Dance Fit L'laina		
5:15p		Body Flex Effie	Bootcamp Larry	Body Flex Effie	Bootcamp Larry		

Please bring a mat or towel and water bottle with you to class!!! All classes are in the 2nd floor Group Exercise Room unless otherwise noted.

We kindly ask that you BE ON TIME for classes as not to interrupt the instructor and to ensure you are properly warmed up to exercise.

Please be dressed in athletic shoes for classes (no flats or bare feet)!

*<http://www.meetup.com/American-Heart-Association-Walking-Clubs/Georgia-Dept-of-Public-Health-Stone-Mountain/> (please check schedule)

The Capitol Hill Fitness Center will be closed on Monday, October 13th, for the Columbus Day holiday.

Capitol Hill Fitness Center
Tel: 404-232-1573
dph-capitolfitness@dph.ga.gov
Hours of Operation
M-Th 6am - 7pm, Fr 6am -6pm

DPH Worksite Wellness
Susanne Koch
404-657-2566
10-245

Please send questions/comments
to susanne.koch@dph.ga.gov

