

# Capitol Hill Fitness Center Group Exercise Schedule

## SEPTEMBER 2014

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00a		<b>Bootcamp</b> Xavier	<b>Indoor Cycle w/ TRX</b> Effie	<b>Bootcamp</b> Xavier	<b>Indoor Cycle w/ TRX</b> Effie	<b>Bootcamp</b> Xavier	<b>Stone Mountain Walk*</b> Check us out on <a href="http://www.meetup.com">www.meetup.com</a>
11:30a		<b>Body Flex</b> Susanne	<b>Dance Fit</b> L'laina	<b>Pilates</b> Effie	<b>Body Flex</b> Kimberly	<b>Step &amp; Flex</b> Kim	
12:30p		<b>Step</b> Susanne	<b>Yoga</b> Susanne	<b>Zumba Gold</b> Christy	<b>Yoga</b> Susanne	<b>TGIF Dance Party*</b> Daniel	<b>*New attendees should come 15 min early to review the line dances</b>
3:30p			<b>Step</b> Susanne		<b>Indoor Cycle</b> Susanne		
4:15p		<b>Zumba Tone</b> Christy	<b>Body Flex</b> Floyd	<b>Indoor Cycle</b> Susanne	<b>Dance Fit</b> L'laina		
5:15p		<b>Body Flex</b> Effie	<b>Bootcamp</b> Whitney	<b>Body Flex</b> Effie	<b>Bootcamp</b> Whitney		

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, September 1, for the Labor Day holiday.**



**Capitol Hill  
Fitness Center**

Capitol Hill Fitness Center

Tel: 404-232-1573

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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](mailto:susanne.koch@dph.ga.gov)



Georgia Department of Public Health

Worksite Wellness