

# Capitol Hill Fitness Center Group Exercise Schedule APRIL 2015



**Capitol Hill  
Fitness Center**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
7:00a	<b>Bootcamp</b> Kimberly	<b>Indoor Cycle</b> Effie	<b>Triple "X" Bootcamp</b> Xavier	<b>Indoor Cycle</b> Effie	<b>Triple "X" Bootcamp</b> Xavier	
11:00a	<b>Pilates</b> Carmen	<b>AB Lab</b> Xavier	<b>Butts and Guts!</b> Kim	<b>Ab Lab</b> Carmen		
11:30a	<b>Body Flex</b> Carmen/Kim	<b>Kickboxing</b> L'laina	<b>Pilates</b> Carmen	<b>Body Flex</b> Kimberly	<b>Step &amp; Flex</b> Kim	
12:15p	<b>Step</b> Kim	<b>Yoga</b> Effie <b>Tai Chi- Apr. 14th</b> Gwenyth	<b>Indoor Cycle</b> Ebony	<b>Stretch/Foam Rolling</b> Tiffany	<b>TGIF Dance Party*</b> Daniel	*Class begins at 12:30p. New attendees please come at 12:15p.
1:15p				<b>Dance Party Instruction Class</b> Daniel		
3:30p		<b>Body Flex</b> Carmen	<b>Tabata 25</b> Brianna			
4:15p	<b>Hula Hooping- Apr. 14th only</b> Gwenyth	<b>Step</b> Floyd	<b>Step</b> Floyd	<b>Dance Fit</b> L'laina		
5:15p	<b>Body Flex</b> Effie	<b>Tabata 25</b> Carmen/Floyd	<b>Body Flex</b> Effie	<b>Tabata 25</b> Carmen		

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)!

**April is National Stress Awareness Month. Get moving to relieve stress.  
FREE this month for all state employees: Mon, April 14th 4:15p Hula Hooping with Gwenyth &  
Tues. April 15th 12:15p Tai Chi Demo and Info Session**

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

Fitness Center Manager  
Effelene Blackwell  
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For information on  
DPH Worksite Wellness  
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