

Capitol Hill Fitness Center

Group Exercise Schedule

JANUARY 2015



**Capitol Hill
Fitness Center**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00a		Bootcamp Kimberly	Cycle & Strength Effie	Triple "X" Bootcamp Xavier	Cycle & Strength Effie	Triple "X" Bootcamp Xavier	
11:00a		Pilates Effie *10:45a	AB Lab Carmen				
11:30a		Body Flex Susanne	Dance Fit L'laina	Pilates Effie	Body Flex Carmen	Step & Flex Kim	
12:15p		Step Susanne	Yoga Denali	Indoor Cycle Ebony	Yoga Susanne	TGIF Dance Party* Daniel	*Class begins at 12:30p. New attendees please come at 12:15p.
3:30p			Step Susanne	Tabata 25 Effie	Indoor Cycle Susanne		
4:15p		Zumba Christy	Body Flex Floyd	Zumba Christy	Dance Fit L'laina		
5:15p		Body Flex Effie	Cardio Blast Susanne	Body Flex Effie	Cardio Blast Carmen		

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
effelene.blackwell@dph.ga.gov

For information on
DPH Worksite Wellness
Programs contact:

DPH Worksite Wellness
Coordinator
E. Susanne Koch
404-657-2566
10-245

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)!

***New resolutions, new classes! Please make note of our new group exercise classes that have been added.
Happy New Year from the CHFC Team***

