

Capitol Hill Fitness Center Group Exercise Schedule JULY 2015



**Capitol Hill
Fitness Center**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
7:00a	Bootcamp Kimberly	Indoor Cycle Effie	Triple "X" Bootcamp Xavier	Indoor Cycle Effie	Triple "X" Bootcamp Xavier	
11:00a	Ab Lab Xavier	Dance Fit LaTanya	Butts and Guts! Kim	Ab Lab Carmen		
11:30a	Body Flex Carmen	Kickboxing L'laina	Pilates Carmen	Body Flex Kimberly	Step & Flex Kim	
12:15p	Step Kim	Tai Chi Gwenyth	Indoor Cycle Ebony	Yoga Effie	TGIF Dance Party* Daniel	*Class begins at 12:30p. New attendees please come at 12:15p.
1:15p				Dance Party Instruction Class Daniel		
4:15p	Indoor Cycle Effie	Body Flex Floyd	TreadStrong Brianna	Dance Fit L'laina		
5:15p	Body Flex Effie	Tabata 25 Carmen	Body Flex Kimberly	Tabata 25 Brianna		

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)!

This summer is heating up! Stay hydrated during your workouts and throughout the day by drinking water before, during, and following exercise!

