

Capitol Hill Fitness Center Group Exercise Schedule JULY 2016



**Capitol Hill
Fitness Center**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
7:00a	Power 30 Jason	Ride & Shine Carmen	Power 30 Jason	Ride & Shine Carmen	Take 5Δ Shan	
11:30a	Body Flex Shan	Dance Party^Δ L'laina	Pilates Carmen	Body Flex Kimberly	Cycle Ebony	
12:15p	Step Kim	Yoga Liz	Cycle Ebony	Yoga Huriyyah	TGIF Dance Party^Δ * Daniel	*Class begins at 12:30p. New attendees please come at 12:15p.
1:15p				"Get Served"^Δ Daniel	Take 5Δ Shan	^Δ Denotes FREE class for ALL state employees.
4:15p	Cycle& Core Fusion Brianna	Body Flex Floyd	Butts and Guts Shan	Step Floyd		
4:30p			Strive to Stride^Δ Shan/Floyd			
5:15p	Body Flex Carmen	Jillian Michael's BodyShred[®] Brianna	Body Flex Carmen	Jillan Michael's BodyShred[®] Brianna		

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

Interim Fitness Center Manager
Shanrika Hardeman
Shanrika.Hardeman@dph.ga.gov

For information on
DPH Worksite Wellness Programs
contact:

Interim Worksite Wellness
Coordinator
Carmen Daniel
Carmen.Daniel@dph.ga.gov
404-463-0382
10-250

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)!

Kick off the summer with CHFC; our Personal Training Special is back! \$99 for 6, 30 minute sessions. This package also includes a FREE comprehensive fitness testing session. 7 sessions total!

