

# GROUP FITNESS SCHEDULE

## APRIL

DPH.GEORGIA.GOV/CAPITOLHILLFITNESS  
404.232.1573  
DPH-CAPITOLFITNESS@DPH.GA.GOV



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30 - 12:15 p	<b>Body Sculpt</b> Suzy/Kimberly	<b>Shake It!</b> Suzy	<b>Pilates</b> Brianna	<b>Body Sculpt</b> Suzy	<b>Cycle</b> Katie
12:15 - 1:00 p	<b>Step &amp; Pump</b> Kim	<b>Yoga</b> Guest Instructor	<b>Cycle</b> Suzy	<b>Yoga Fusion</b> Brianna	<b>TGIF Dance</b> Genesis
1:00 - 1:30 p (30 minutes)	<b>Turbo Kick</b> Brianna	<b>HIIT</b> Chandler/Suzy	<b>Butts &amp; Guts</b> Llaina/Suzy	<b>Turbo Kick</b> Chandler	
4:15 - 5:00 p	<b>Yoga</b> Guest Instructor	<b>Body Flex</b> Carmen	<b>Bootcamp</b> Brianna	<b>Step</b> Floyd	
5:15 - 6:00 p	<b>Body Sculpt</b> Chandler	<b>BOSU Strength</b> Brianna	<b>Body Sculpt</b> Chandler	<b>Train W/ A Trainer</b> CHFC Staff	

# CLASS DESCRIPTIONS

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**Bootcamp:** We want to keep you guessing – and challenge you differently in every class! Workouts are designed to improve your overall fitness – strength, cardio, flexibility, agility and endurance! Have fun – work hard!

**Turbo Kick:** One of the most popular cardio kickboxing classes in the country, Turbo Kick is a fun, high energy class that can be performed by anyone regardless of fitness level. It is a great way to achieve maximum results in a short amount of time. Perform high intensity intervals combined with classic kickboxing maneuvers.

**Step & Pump:** An interval class that mixes step aerobics and strength training in one incredible workout. A great choice for someone who doesn't have 2 hours to spend in the gym!

**Cycle:** Get ready for the ride of your life and kick your workouts into high gear! Each session can burn 400+ calories! Guaranteed to make you sweat this 45 minute class is for all levels. Bikes are on first come first serve basis.

**HIIT:** "High Intensity Interval Training" has been scientifically proven to be the most effective way to pack in a high caloric, fat burning workout in a short period of time. In this class, your heart rate will be on a 30 minute roller coaster, and when you leave, your metabolic rate will be through the roof for the next 24 hours.



**BOSU Strength:** Ever wondered all the amazing things you could do on one BOSU ball? This is the class for you. Get a full body, balance, strength and cardio workout with this one piece of equipment!

**Body Sculpt:** This total body strength training workout uses barbells, dumbbells, and various resistance training equipment to achieve maximum strength benefits. Shape and sculpt your body in this effective format. This class is appropriate for everyone.

**Butts & Guts:** Work your hips, thighs and butts and your core muscles all during this toning workout! The focus is on your lower body including abdominal work. Plus you will use balance and stability to tone and strengthen.

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## **Shake It! - FREE FOR ALL**

**EMPLOYEES:** Come sweat it out in this exciting, Zumba- inspired dance fitness class. You can expect energetic music, great dance moves and a workout you will love. Come ready to shake it!

## **TGIF Dance Party- FREE FOR ALL**

**EMPLOYEES:** Come get your groove on, this fitness party is designed for all levels and is a laid back, funky, booty shaking workout. Bring your own style!

## **Pilates - FREE FOR ALL**

**EMPLOYEES:** This popular mat workout developed by Joseph Pilates concentrates on core strength, body alignment and muscular balance without adding bulk. If you are looking for that long, lean dancer body, this is the class for you!

**Yoga- FREE FOR ALL EMPLOYEES:** A regular yoga practice will help transform your mind and body, ultimately helping you find inner calmness and peace. Enhance your strength, balance, flexibility and stability. Leave feeling stronger and more centered. Just breathe... OM.

**Step:** An awesome cardiovascular workout utilizing a step bench, adaptable from 4 – 8 inches from the floor. This class will teach the basic building blocks of step and is suitable for all levels.

**Yoga Fusion:** This is a class that fuses together two of the most popular mind/body disciplines – yoga and Pilates. If you are looking to get the most out of your workout, fusion classes are for you!

**Body Flex:** A class that is sure to give you a full body strength workout. This class uses the beat of the music to give you the rhythm to pump it out! Great for all levels.

**Train with a Trainer:** Ever wondered how your trainer works out? Come challenge your own fitness staff in this class where you train together. Custom-made, exciting workouts are for all fitness levels. Show 'em what you got!

