

MODIFIED GROUP FITNESS SCHEDULE

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6:30 - 7:00 a

Train W/ A Trainer
Audrey

Train W/ A Trainer
Jenna

12:15 - 1:00 p

Step
Kim

Yoga *
Lana

Glutecamp
Jenna

Yoga*
Sid

Bootcamp
Jenna

1:00 - 1:30 p

HIIT
Audrey

Treadstrong
Audrey

Fit4Life
Chandler

Dance Break
Audrey

***Namaste'**

4:15 - 4:45 p

Train w/a Trainer
Chandler

Train w/a Trainer
Chandler

Train w/a Trainer
Chandler

Train w/a Trainer
Jenna



CAPITOL HILL
Fitness Center

THIS CALENDAR IS EFFECTIVE MARCH 19, 2020, AND WILL
REMAIN IN EFFECT UNTIL FURTHER NOTICE.

* DENOTES FREE CLASSES TO ALL STATE EMPLOYEES.

FITNESS CENTER MANAGER
CHANDLER.WINNER@DPH.GA.GOV

CLASS DESCRIPTIONS

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Fit4Life: This format is designed to focus on balance, strength, and agility. This class has proven success and encompasses strategies in maintaining the necessary functional movement skills to improve your quality of life.

Glutecamp: It's never too early to start working on your summer physique. This class will work those glute muscles to build and shape your beach body. Get ready for traditional exercises like squats and lunges with a mix of unconventional and creative workouts to work your muscles like you never have before!

Train with a Trainer: Ever wonder how your trainer works out? Come challenge your own fitness staff in this class where you train together. Custom-made, exciting workouts structured by your own fitness center staff. Meet us on the first floor for this workout.

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.

Tread Strong: Is jogging alone not your thing? Let's do it together! This cardiovascular training class will meet you where you are with the goal of burning major calories and improving your aerobic fitness.

Dance Break: Learn the basic fundamentals and more-everything from traditional and modern dances like hip hop and Latin. These moves won't take long to get you a little winded. So come move your body to the music and give your brain a break!

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.

Namaste': FREE FOR ALL EMPLOYEES: Had a hard, stressful week? Use this times to meditate however you wish.

HIIT: High Intensity Interval Training is a great use of your time! Short bursts of intense exercises paired with timed rest breaks will boost your metabolism, burn major calories, and put a smile on your face.



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ALL CLASSES ARE HELD IN THE 2ND FLOOR GROUP EX ROOM.
PLEASE BE DRESSED IN APPROPRIATE ATHLETIC ATTIRE.

